

For the period from : 01 Jan 2011 **to** : 24 Dec 2011

Name : Kanjul Khare **CWRI Regn No** : CW100000001

Age : 29 **Height** : 177.8 cms **Weight** : 70 Kgs

BMI : 22.1 **BMR Observations** : Normal BMI / Low Risk

Important:

Disclaimers..

Just a guide, not an exact scientific research, depends on many factors, as well as accuracy of your Input DATA.

Date/Days	2011-12-18	2011-12-20	2011-12-21	Total
-----------	------------	------------	------------	-------

Activity/Exercise/Sports

				Calorie burned
Pushups - moderate	84	42	84	210
Walk / run play with kids			95	95
Total	84	42	179	