iProfile / Macronutrient Distribution

Ania Murphy

Start date: Sat Nov 28 2020 End date: Mon Nov 30 2020

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	*2792 kCal*	*1552 kCal*	
Fat, Total	*20 - 35 %*	*334 kCal*	*21.5*
Carbohydrate	*45 - 65 %*	*1047 kCal*	*67.4*
Protein	*10 - 35 %*	*172 kCal*	*11.1*

iProfile / Activity Journal Summary

Ania Murphy

Start date: Sat Nov 28 2020 End date: Mon Nov 30 2020

Activity	Rate (kCals/kg/hour)	Duration (minutes)	Calories Expended
rest of the day(s)	*1.64*	*4320*	*6984*
Totals:		*72 hours*	*6984*

iProfile / Energy Balance

Ania Murphy

Start date: Sat Nov 28 2020 End date: Mon Nov 30 2020

Date	kCal Consumed	kCal Burned	Net kCal
Saturday, November 28	*1422*	*2328*	*-905*
Sunday, November 29	*1682*	*2328*	*-646*
Totals:	*3104*	*4656*	*-1551*

Caloric Summary		
Recommended:	*2792*	
Average Intake:	*1552*	
Average Expenditure:	*2328*	
Average Net Loss:	*-776*	

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