

Activity Summary				
List of the Activities performed, their METs, duration and Calories burned.				
Profile Info				
Personal: Rosalin Alzaga Female 39 yrs 5 cm 185 kg				
Day(s): Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7				
Activity Level: Sedentary		Strive for an Active activity level.		
Weight Change: Lose 2 lb per week		Best not to exceed 2 lbs per week.		
BMI: 74000.0		Normal is 18.5 to 25. Clinically Obese is 30 or higher.		
Profile Calorie Goal:		1278		
Daily Activity Details				
Day 1				
Duration		Mets	Exercise	Calories
30	minutes	6.0	walking, 3.5 mph, uphill	583
10	hours	3.0	occupation, standing tasks, light effort	5828
40	minutes	2.0	self care, showering, toweling off, standing	0!
1	hours	2.5	home activities, cooking or food preparation,	0!
2	hours	4.0	home activities, laundry, standing, hanging	1554
4	hours	2.5	transportation, driving an automobile or light	0!
1	hours	1.3	miscellaneous, sitting, studying, general, reading	0!
Sedentary Activities of Daily Living**				2278
Total Calories (Very active)				10242
Day 2				
Duration		Mets	Exercise	Calories
8	hours	3.0	occupation, standing tasks, light effort	4662
2	hours	6.0	walking, 3.5 mph, uphill	2331
1	hours	2.5	home activities, cooking or food preparation,	0!
35	minutes	2.0	self care, showering, toweling off, standing	0!
4	hours	2.5	transportation, driving an automobile or light	0!
1	hours	1.3	miscellaneous, sitting, studying, general, reading	0!

Day 3				Sedentary Activities of Daily Living**	2278
				Total Calories (Very active)	9271
	Duration		Mets	Exercise	Calories
	4	hours	2.5	transportation, driving an automobile or light	0!
	45	minutes	2.5	home activities, cooking or food preparation,	0!
	30	minutes	2.0	self care, showering, toweling off, standing	0!
	9	hours	3.0	occupation, standing tasks, light effort	5245
	2	hours	6.0	walking, 3.5 mph, uphill	2331
	1	hours	1.3	miscellaneous, sitting, studying, general, reading	0!
				Sedentary Activities of Daily Living**	2278
Day 4				Total Calories (Very active)	9854
	Duration		Mets	Exercise	Calories
	1	hours	2.5	home activities, cooking or food preparation,	0!
	12	hours	3.0	occupation, standing tasks, light effort	6993
	35	minutes	2.0	self care, showering, toweling off, standing	0!
	5	hours	2.5	transportation, driving an automobile or light	0!
	30	hours	6.0	walking, 3.5 mph, uphill	34965
	2	hours	4.0	home activities, laundry, standing, hanging	1554
	1	hours	1.3	miscellaneous, sitting, studying, general, reading	0!
				Sedentary Activities of Daily Living**	2278
Day 5				Total Calories (Very active)	45790
	Duration		Mets	Exercise	Calories
	1	hours	2.5	home activities, cooking or food preparation,	0!
	45	minutes	2.0	self care, showering, toweling off, standing	0!
	4	hours	2.5	transportation, driving an automobile or light	0!
	2	hours	6.0	walking, 3.5 mph, uphill	2331
	9	hours	3.0	occupation, standing tasks, light effort	5245
	3	hours	1.3	miscellaneous, sitting, studying, general, reading	0!
				Sedentary Activities of Daily Living**	2278
				Total Calories (Very active)	9854

Day 6					
	Duration		Mets	Exercise	Calories
	45	minutes	2.5	home activities, cooking or food preparation,	0!
	30	minutes	2.0	self care, showering, toweling off, standing	0!
	2	minutes	2.5	transportation, driving an automobile or light	0!
	2	hours	6.0	walking, 3.5 mph, uphill	2331
	5	hours	1.3	miscellaneous, sitting, studying, general, reading	0!
				Sedentary Activities of Daily Living**	2278
				Total Calories (Very active)	4609
Day 7					
	Duration		Mets	Exercise	Calories
	45	hours	2.5	home activities, cooking or food preparation,	0!
	30	minutes	2.0	self care, showering, toweling off, standing	0!
	2	hours	2.5	transportation, driving an automobile or light	0!
	2	hours	4.0	home activities, laundry, standing, hanging	1554
	5	hours	1.3	miscellaneous, sitting, studying, general, reading	0!
				Sedentary Activities of Daily Living**	2278
				Total Calories (Very active)	3832

Summary

	Calories
Sedentary Activities of Daily Living**	2278
Average Daily Calories Expended	11072
Daily Average***	13350

[!] This activity is included in your Activities of Daily Living and so will not be counted as additional exercise Calories.

[**] The Sedentary activity level includes basic daily tasks such as getting ready for the day, housework, walking to work or class, and light yard work. These tasks are called Activities of Daily Living (ADL). If you engage in physical activity beyond that included in the activities of daily living, you may increase your activity level to Low Active, Active or Very Active. The Active activity level is recommended by the government for health.

[***] Your Daily Average put you in the Very active activity level, and suggests 3219 Calories to maintain your current weight.

