

Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

Profile Info

Personal: Lisa Nunez Female 50 yrs 5 ft 6 in 160 lb

Day(s): Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7

Activity Level: Low active Strive for an Active activity level.

Weight Change: Lose 2 lb per week Best not to exceed 2 lbs per week.

BMI: 25.8 Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Profile Calorie Goal: 1214

Daily Activity Details

Day 1

Duration Mets Exercise Calories

30 minutes 3.0 walking the dog 114

Sedentary Activities of Daily Living** 1916

Total Calories (Sedentary) 2030

Day 2

Duration Mets Exercise Calories

30 minutes 3.0 walking the dog 114

Sedentary Activities of Daily Living** 1916

Total Calories (Sedentary) 2030

Day 3

Duration Mets Exercise Calories

30 minutes 3.0 walking the dog 114

Sedentary Activities of Daily Living** 1916

Total Calories (Sedentary) 2030

Day 4

Duration Mets Exercise Calories

30 minutes 3.0 walking the dog 114

Day 5				Sedentary Activities of Daily Living**	1916
				Total Calories (Sedentary)	2030
	Duration		Mets	Exercise	Calories
	30	minutes	3.0	walking the dog	114
Day 6				Sedentary Activities of Daily Living**	1916
				Total Calories (Sedentary)	2030
	Duration		Mets	Exercise	Calories
	30	minutes	3.0	walking the dog	114
Day 7				Sedentary Activities of Daily Living**	1916
				Total Calories (Sedentary)	2030
	Duration		Mets	Exercise	Calories
	30	minutes	3.0	walking the dog	114
				Sedentary Activities of Daily Living**	1916
				Total Calories (Sedentary)	2030

Summary

	Calories
Sedentary Activities of Daily Living**	1916
Average Daily Calories Expended	114
Daily Average***	2030

[**] 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 Sedentary activity level, and suggests 1916 Calories to maintain your current weight.

