

History:

Summary of data logged over 3 days including current:

- Total Burnt (activities)
- Intake (food)
- Weight

Journal Logs:

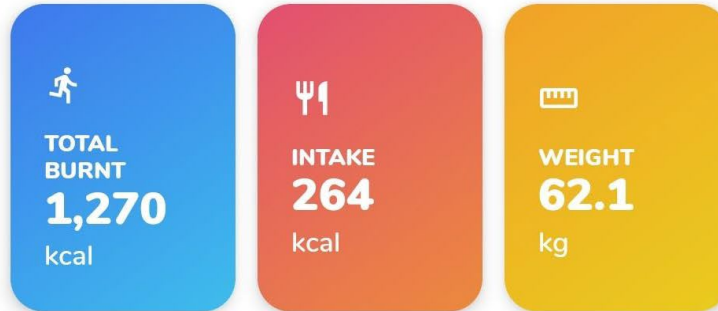
Reference to activities and consumption records captured.

History

06 Jun

07 Jun

Today



Difference

1,006 kcal

JOURNAL LOGS



	Coffee Kosong 10:56	104 kcal
	Stairs Climbing (30mins) 10:56	-150 kcal
	Muffin [One half] 10:55	160 kcal

