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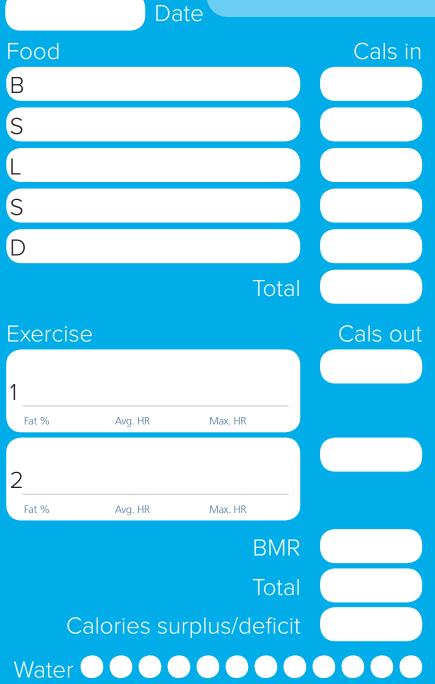
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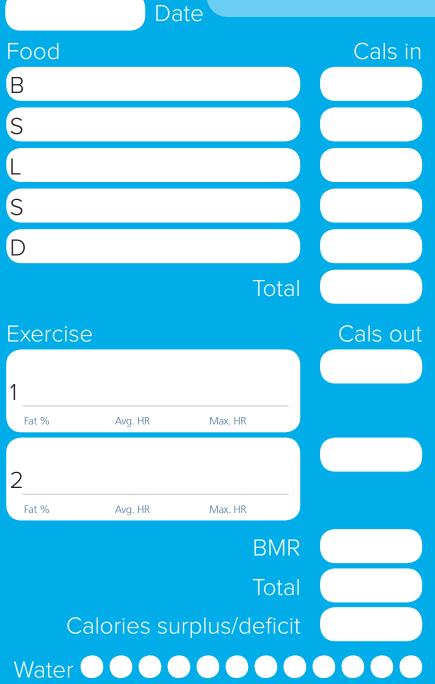
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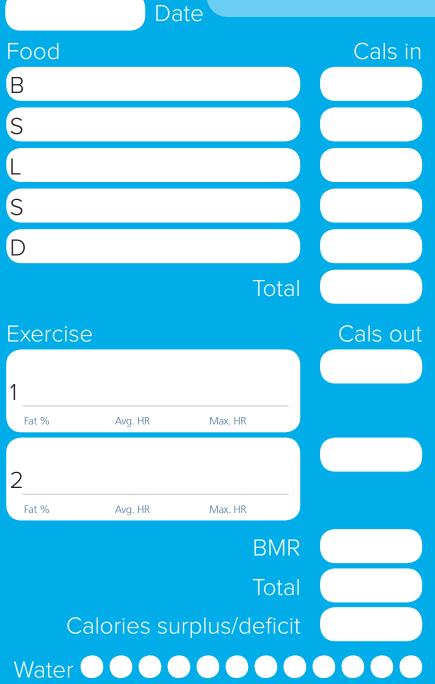
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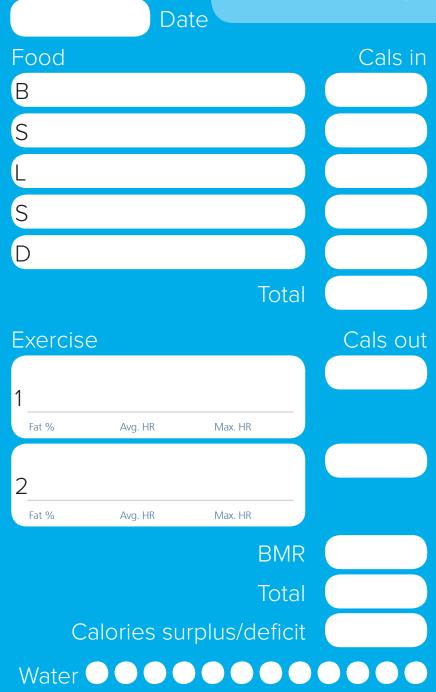
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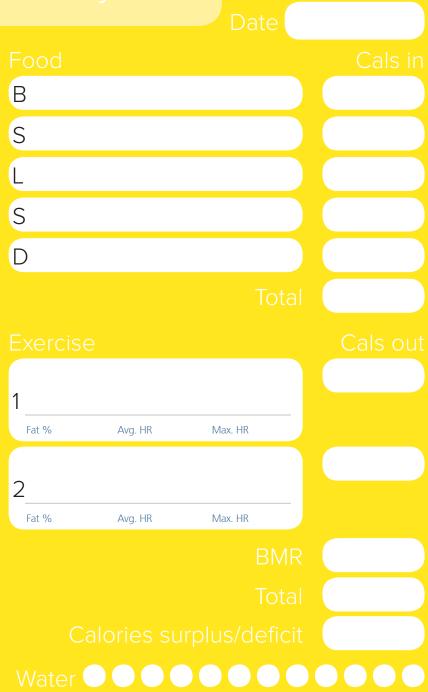
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Max. HR

Water • • • • • • • • • • • • •

Calories surplus/deficit

BMR

Total

Fat %

Avg. HR

Daily stats

Date Food Cals in В S S D Total Cals out Exercise Fat % Avg. HR Max. HR Fat % Avg. HR Max. HR **BMR** Total Calories surplus/deficit Water • • • • • • • • • • • • •

Date

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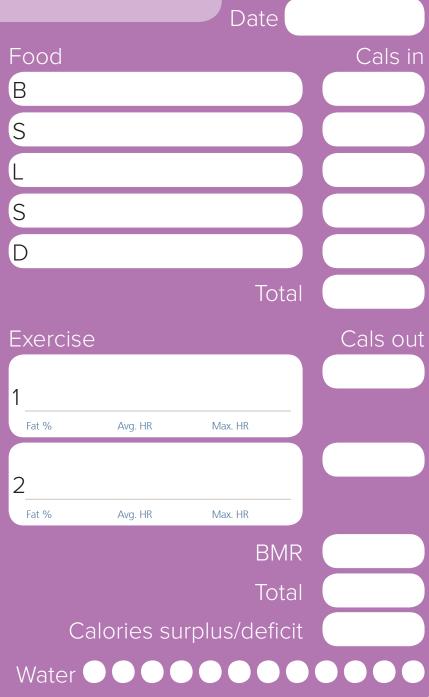
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Sunday



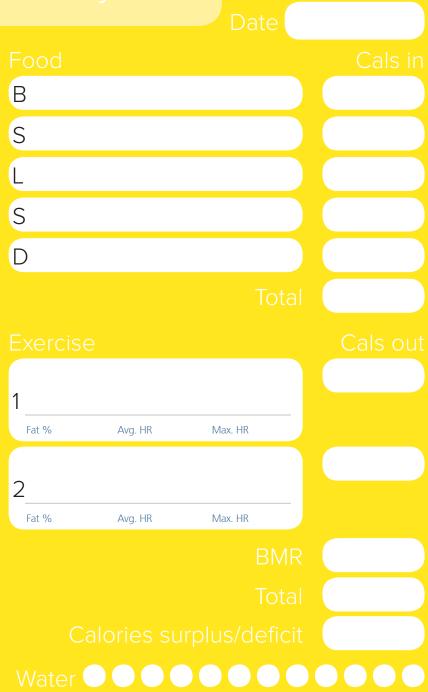
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Total calories expended	
Total calorie surplus/defecit	
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This week's weight	
Weight loss/gain	
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Weekly recap	

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2Fat % Avg. HR Max. HR	
BMR	
Total	
Calories surplus/deficit	
Water •••••	••••

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Total calories consumed	
Total calories expended	
Total calorie surplus/defecit	
Last week's weight	
This week's weight	
Weight loss/gain	
BMR	
Weekly recap	

	Date	
Food		Cals in
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Avg. HR

Saturday

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Calories surplus/deficit

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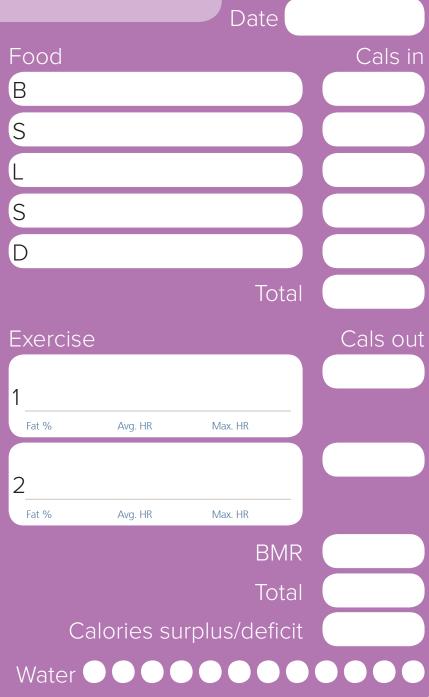
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Exercise	Cals ou
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Saturday

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Sunday



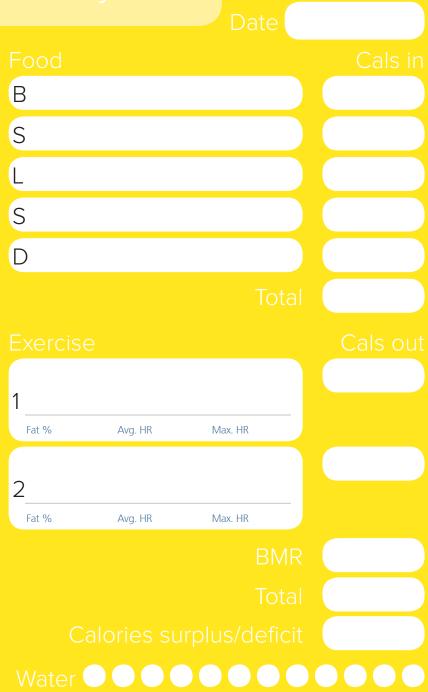
Thursday

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			Cais out
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1 Avg	. HR Max. HR		Cais out
1	. HR Max. HR		Cais out
1			Cais out
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1 Fat % Avg Fat % Avg		BMR Total	

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Fat %	Avg. HR	Max. HR	
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140.70	7 wg. r m	BMR	



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1 Fat %		Max. HR	
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Teat % Avg. HR Max. HR	
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BMR	

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1 Fat %		Max. HR	
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1 Fat %	Avg. HR		
1 Fat %	Avg. HR	Max. HR	
1 Fat % 2 Fat %	Avg. HR Avg. HR	Max. HR	

	Date	
Food		Cals in
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	Total	
Exercise		Cals out
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Fat % Avg. HR	Max. HR	
2	Max. HR	
	BMR	
	T	
	Total	
Calories s	lotal surplus/deficit	

Total calories consumed Total calories expended Total calorie surplus/defecit Last week's weight This week's weight Weight loss/gain BMR

	Pate
Food	Cals in
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	Total
Exercise	Cals out
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	Total
Calories surplus/	
Water ••••	00000

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Food			Cals in
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2	Avg. HR	 Max. HR	
	J	BMR	
		Total	
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Food			Cals in
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		Total	
Exercise)		Cals out
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1		Max. HR	
1 Fat %	Avg. HR		
1 Fat %		Max. HR	
1 Fat %	Avg. HR	Max. HR BMR	
1 Fat % 2 Fat %	Avg. HR Avg. HR	Max. HR BMR Total	
1 Fat % 2 Fat %	Avg. HR Avg. HR	Max. HR BMR	

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Total	
Exercise	Cals ou
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Total	
Calories surplus/deficit	
Water •••••	0000

	Da	ate	
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		Total	
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2	Avg. HR	Max. HR	
141.70	Avg. Till	BMR	
		Total	
C	alories su	ırplus/deficit	
Water			0000

	Date	
Food		Cals in
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	Total	
Exercise		Cals out
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2Fat % Avg. HR	Max. HR	
	BMR	
	Total	
Calories surpl	us/deficit	
Water ••••		

From То Total calories consumed Total calories expended Total calorie surplus/defecit Last week's weight This week's weight Weight loss/gain BMR Weekly recap

	Date	
Food		Cals in
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D		
	Total	
Exercise		Cals out
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Fat % Avg. HR	Max. HR	
2	Max. HR	
	BMR	
	Total	
 Calories s	surplus/deficit	
Water •••	••••	

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		Total	
Evereice			Cals out
Exercise			Cais out
			Cais out
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1 Fat %	Avg. HR	Max. HR	Cais out
1	Avg. HR	Max. HR Max. HR	Cais out
1 Fat %			Cais out
1 Fat %		Max. HR	Cais out
1 Fat %	Avg. HR	Max. HR	

Food

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Exercise

Fat %

Fat %

Avg. HR

Avg. HR

Saturday

Cals in	
Cala	
Cals out	

Date

Total

BMR

Total

Max. HR

Max. HR

Calories surplus/deficit

Water •••••

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Food			Cals in
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		Tota	
Exercise	<u> </u>		Cals out
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2	Avg. HR	Max. HR	
		BMF	
		Tota	
Cá	alories su	ırplus/defici	t
Water			

Date

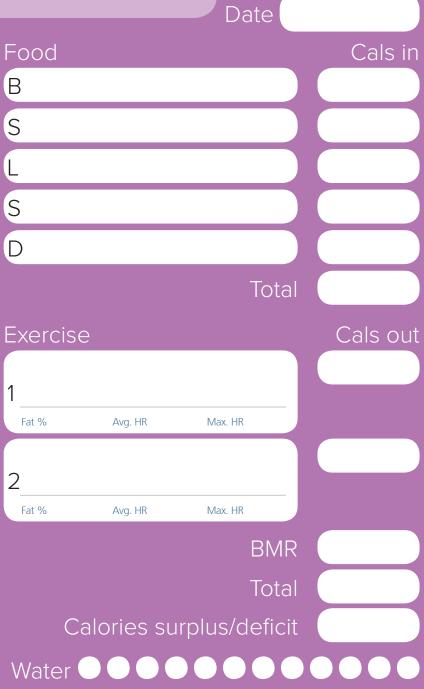
	Da	ate	
Food			Cals in
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		Total	
Exercise	e _l		Cals out
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Fat %	Avg. HR	Max. HR	
· ———	Avg. HR	Max. HR Max. HR	
Fat %			
Fat %		Max. HR	
Fat %	Avg. HR	Max. HR	

	Date	
Food		Cals in
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	Total	
Exercise		Cals out
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Teat % Avg. HR	Max. HR	
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Calories surpl		
Water ••••		••••

From То Total calories consumed Total calories expended Total calorie surplus/defecit Last week's weight This week's weight Weight loss/gain BMR Weekly recap

Wedi	nesda	ay <u> </u>	
		Date	
Food			Cals ir
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Exercise			Cals ou
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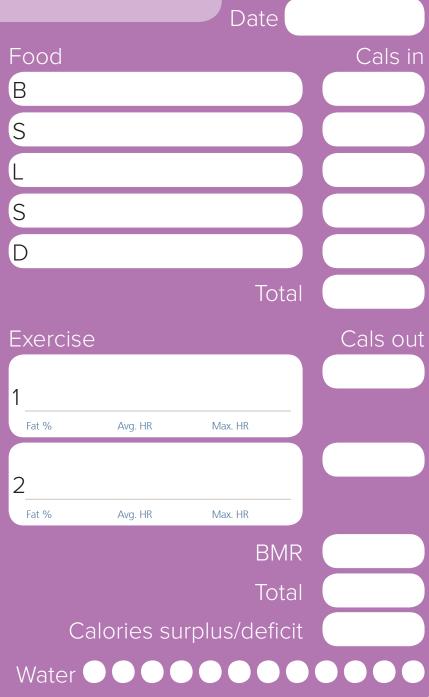
Friday



Saturday

	Da	ate	
Food			Cals in
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D			
		Total	
Exercise	<u> </u>		Cals out
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	-		Cais out
1 Fat %	Avg. HR	Max. HR	Cais out
1 Fat %		Max. HR	Cais out
1 Fat %	Avg. HR		Cais out
1 Fat %		Max. HR	
1 Fat %	Avg. HR	Max. HR	
1 Fat %	Avg. HR	Max. HR	
1 Fat %	Avg. HR	Max. HR	

Sunday



Thursday

	Date		
Food			Cals in
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		Total	
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			Cais out
1	j. HR Max	. HR	Cais out
1 Avg	j. HR Max	. HR	Cals out
1 Avg	j. HR Max j. HR Max		Cals out
1 Avg			Cals out
1 Avg		. HR	Cals out
1		BMR Total	Cals out