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Pre-season

Weekly stats

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Tuesday Date Cals in Food $(\mathsf{B}$ $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Fat % Avg. HR Max. HR BMR Total Calories surplus/deficit

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Pre-season

Weekly stats

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Tuesday Date Cals in Food $(\mathsf{B}$ $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Fat % Avg. HR Max. HR BMR Total Calories surplus/deficit

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Pre-season

Weekly stats

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Tuesday Date Cals in Food $(\mathsf{B}$ $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Fat % Avg. HR Max. HR BMR Total Calories surplus/deficit

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Pre-season

Weekly stats

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Tuesday Date Cals in Food $(\mathsf{B}$ $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Fat % Avg. HR Max. HR BMR Total Calories surplus/deficit

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Fat % Avg. HR Max. HF	lR
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Week 1

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

Monday	
	Date
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	Total
Exercise	Cals out
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Fat % Avg. HR M	ax. HR
	BMR (
	Total
Calories surplu	s/deficit
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Saturday Total Cals out **BMR** Total Calories surplus/deficit Water O O O O O O

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Food	Cals in	Food
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	Total	
Exercise	Cals out	Exercise
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	BMR	
	Total	
Calories surplu	s/deficit ()	Cal
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Tuesday Total Cals out BMR Total lories surplus/deficit

Wednesday		
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Food	Cals i	n
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	Total	
Exercise	Cals ou	ıt
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Fat % Avg. HR M	lax. HR	
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Fat % Avg. HR M	lax. HR	
	BMR	
	Total	
Calories surplu	ıs/deficit	
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Thursday Total Cals out **BMR** Total Calories surplus/deficit Water O O O O O O

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Week 2

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Total calories consumed	
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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	Total
Exercise	Cals out
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Fat % Avg. HR M	ax. HR
	BMR
	Total
Calories surplu	s/deficit
Water O O O O	000000

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Fat % Avg. HR	Max. HR
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Calories surp	lus/deficit
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Friday	
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Exercise	Cals out
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	Max. HR
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	Total
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	BMR
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Exercise			Cals out
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Week 3

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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	
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Weekly recap	

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BMR	
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Saturday Date Cals in od Total Cals out ercise at % Avg. HR Max. HR Max. HR at % Avg. HR BMR Total Calories surplus/deficit

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Exercise	Cals out	Exercise
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Tuesday Date Cals in Total Cals out Avg. HR Max. HR Avg. HR Max. HR BMR Total ories surplus/deficit

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Exercise Cals out	Exercise
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		BMR	2
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Week 4

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Total calories expended	
Total calorie surplus/defecit	
Last week's weight	
This week's weight	
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Weekly recap	
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Exercise		Cals out
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Fat % Avg. HR	Max. HR	
	BMR	
	Total	
Calories surp	lus/deficit	
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Saturday Date Cals in Food B $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Avg. HR Fat % Max. HR BMR Total Calories surplus/deficit

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Calories surpl	us/deficit
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Week 5

From To	
Total calories consumed	
Total calories expended	
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Last week's weight	
This week's weight	
Weight loss/gain	
BMR	
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Weekly recap	

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	Date
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	Total
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	Total	
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Tuesday Total Cals out BMR Total lories surplus/deficit

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Fat % Avg. HR M	lax. HR	
	BMR	
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Calories surplu	ıs/deficit	
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Thursday Total Cals out **BMR** Total Calories surplus/deficit Water O O O O O O

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This week's weight	
Weight loss/gain	
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Weekly recap	

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Calories surplu	s/deficit
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Calories surplu	s/deficit
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Exercise C	als out Ex
Fat % Avg. HR Max. HR	Fa
2	2 Fa
BMR	
Total	
Calories surplus/deficit	
Water OOOOOO	

Saturday Date Cals in od Total Cals out ercise at % Avg. HR Max. HR Max. HR at % Avg. HR BMR Total Calories surplus/deficit

Friday		
Date		
Food	Cals in	Food
В		В
S		S
L		
S		S
D		D
То	otal (
Exercise	Cals out	Exercise
1		1
Fat % Avg. HR Max. HR		Fat %
2		2
BI	MR	
То	otal (
Calories surplus/def	icit (Calc
Water O O O O O		Water 🔾

Tuesday Date Cals in Total Cals out Avg. HR Max. HR Avg. HR Max. HR BMR Total ories surplus/deficit

Wednesday	
Date	
Food Cals in	Food
В	В
S	S
S	S
	D
Total	
Exercise Cals out	Exercise
	1
Fat % Avg. HR Max. HR	Fat %
2	2
Fat % Avg. HR Max. HR	Fat %
BMR	
Total	
Calories surplus/deficit	Ca
Water O O O O O O O O O	Water (

	Da	nte	
Food			Cals in
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S L S			
		Tota	
Exercise	9		Cals out
Fat %	Avg. HR	Max. HR	
Fat %	Avg. HR	Max. HR	
		BMR	2
		Tota	
С	alories su	rplus/defici	t (
Wator (

Sunday	
	Date
Food	Cals in
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D	
	Total
Exercise	Cals out
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Fat % Avg. HR Ma	ax. HR
2	
	ax. HR
	BMR (
	Total
Calories surplu	
Water O O O O	

From	To	
Total cal	ories consumed	
Total cal	ories expended	
Total calorie	e surplus/defecit	
Las	st week's weight	
Thi	s week's weight	
\	Weight loss/gain	
	BMR	
	BMI	
Weekly reca	O	

Monday		
) Date (
Food		Cals in
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	Total	
Exercise		Cals out
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Fat % Avg. HR	Max. HR	
2		
Fat % Avg. HR	Max. HR	
	BMR	
	Total	
Calories surp	lus/deficit	
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Saturday Date Cals in Food B $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Avg. HR Fat % Max. HR BMR Total Calories surplus/deficit

Friday	
	Date
Food	Cals in
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	Total
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Exercise	Cals out
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Fat % Avg. HR I	Max. HR
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	Tuesday
Date	
Food	Cals in
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	Total
Exercise	Cals out
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Fat % Avg. HR	Max. HR
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Fat % Avg. HR	Max. HR
	BMR (
	Total
Calories surpl	us/deficit
Water O O O O	

Wednesday	
Date (
Food	Cals in
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Total	
Exercise	Cals out
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Fat % Avg. HR Max. HR	
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Total	
Calories surplus/deficit	
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		Total	
Exercise 1	е		Cals out
Fat %	Avg. HR	Max. HR	
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Fat %	Avg. HR	Max. HR	
		BMR	
		Total	
С	alories su	rplus/deficit	
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Sunday		
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Food		Cals in
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	Total	
Exercise		Cals out
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2		
Fat % Avg. HR	Max. HR	
	BMR	
	Total	
Calories surpl	us/deficit	
Water O O O O		0000

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

Monday	
	Date
Food	Cals in
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	Total
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	BMR (
	Total (
Calories surplu	s/deficit
Water O O O C	

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Food			Cals in
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		Total	
Exercise	<i>5</i>		Cals out
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Fat %		Max. HR	
2			
Fat %		Max. HR	
		BMR	
		Total	
Cá	alories su	rplus/deficit	
Water			

Friday		
	Date	
Food	Cals in	Food
В		В
S		S
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S		S
D		D
	Total	
Exercise	Cals out	Exercise
4		
Fat % Avg. HR M	ax. HR	
2		2
Fat % Avg. HR M	ax. HR	Fat %
	BMR	
	Total	
Calories surplu	s/deficit ()	Cal
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Tuesday Total Cals out BMR Total lories surplus/deficit

Wednesday		
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Food	Cals i	n
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	Total	
Exercise	Cals ou	ıt
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Fat % Avg. HR M	lax. HR	
2		
Fat % Avg. HR M	lax. HR	
	BMR	
	Total	
Calories surplu	ıs/deficit	
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Thursday Total Cals out **BMR** Total Calories surplus/deficit Water O O O O O O

Sunday	
Date	
Food	Cals in
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Exercise	Cals out
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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	
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Weekly recap	

Monday	
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D	
	Total
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Fat % Avg. HR M	ax. HR
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Water O O O O	000000

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Food	Cals in
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	Total
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Fat % Avg. HR	Max. HR
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	Total
Calories surp	lus/deficit
Water 0000	

Friday	
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Food	Cals in
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Exercise	Cals out
Fat % Avg. HR Max. HR	
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Calories surplus/deficit	
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	Tuesday
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	Max. HR
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Calories surplu	s/deficit
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		Thu	ursday
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Exercise			Cals out
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Fat % Avg	g. HR	Max. HR	
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	g. HR	Max. HR	
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	Total	
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	BMR	
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Water O O O C		0000

From To	
Total calories consumed	
Total calories expended	
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Last week's weight	
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Weight loss/gain	
BMR	
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Weekly recap	

Monday	
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Fat % Avg. HR Max. HR	Fa
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Calories surplus/deficit	
Water OOOOOO	

Saturday Date Cals in od Total Cals out ercise at % Avg. HR Max. HR Max. HR at % Avg. HR BMR Total Calories surplus/deficit

Friday		
Date		
Food	Cals in	Food
В		В
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Exercise	Cals out	Exercise
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Fat % Avg. HR Max. HR		Fat %
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BI	MR	
То	otal (
Calories surplus/def	icit (Calc
Water O O O O O		Water 🔾

Tuesday Date Cals in Total Cals out Avg. HR Max. HR Avg. HR Max. HR BMR Total ories surplus/deficit

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Food Cals in	Food
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Exercise Cals out	Exercise
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Fat % Avg. HR Max. HR	Fat %
2	2
Fat % Avg. HR Max. HR	Fat %
BMR	
Total	
Calories surplus/deficit	Ca
Water O O O O O O O O O	Water (

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Fat %	Avg. HR	Max. HR	
		BMR	2
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Total ca	alories expended	
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	Weight loss/gain	
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Fat % Avg. HR	Max. HR	
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Calories surp	lus/deficit	
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Saturday Date Cals in Food B $(\mathsf{D}$ Total Cals out Exercise Fat % Avg. HR Max. HR Avg. HR Fat % Max. HR BMR Total Calories surplus/deficit

Friday	
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	Total
Exercise	Cals out
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Fat % Avg. HR	Max. HR
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	Total
Calories surpl	us/deficit
Water O O O O	

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Calories surplus/deficit	
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Fat %	Avg. HR	Max. HR	
		BMR	
		Total	
С	alories su	rplus/deficit	
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