

Health summary for clinician

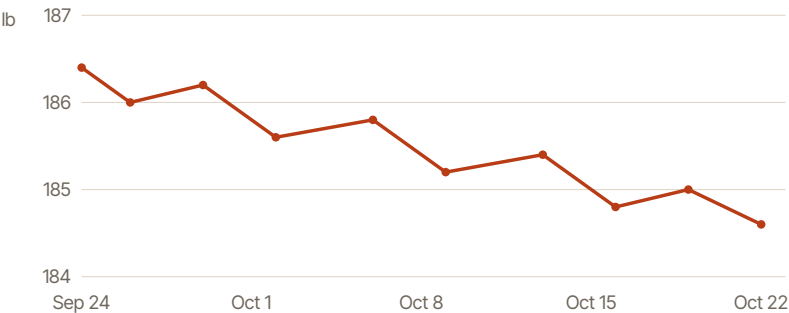
1 Summary at a glance

30 of 30 days with any entry

START WEIGHT 186.4 lb Sep 24	END WEIGHT 184.6 lb Oct 22	CHANGE -1.8 lb -0.97% of start weight	RATE -0.45 lb/wk -0.24%/wk	WEIGH-INS 10 2.3 per week
AVG CALORIES 2,024 kcal per logged day (30 days)	AVG PROTEIN 166 g 1.98 g/kg (avg wt) goal 170 g	AVG CARBS / FAT 188 / 61 g	AVG FIBER not logged	AVG WATER not logged

2 Weight trend

10 weigh-ins



Week of	Avg lb	Change	n
Sep 24	186.2	-	3
Oct 1	185.7	-0.5	2
Oct 8	185.3	-0.4	2
Oct 15	184.9	-0.4	2
Oct 22	184.6	-0.3	1

Measurements (Sep 25 to Oct 21): Waist 35.5 -> 34.8 in (-0.7).

3 Nutrition

30 of 30 days with food logged

Week of	Days	Calories	Protein g	Carbs g	Fat g	Days <1,200 kcal	Protein goal met
Sep 24	7	2,048	168	190	62	0	3/7
Oct 1	7	2,046	167	190	62	0	3/7
Oct 8	7	2,044	166	190	62	0	3/7
Oct 15	7	2,085	170	190	62	0	4/7
Oct 22	2	1,587	145	159	45	0	0/2
Range avg	30	2,024	166	188	61	0	13/30

Targets set in app: 2,100 kcal, 170 g protein. Fiber is not tracked by the app. Averages use only days with food logged; unlogged days are excluded, not counted as zero.

4 Activity and training

8 sessions

Sessions / wk	Minutes / wk	Strength (total)	Cardio (total)	Walks (total)	Avg steps / day	Est. workout burn
1.9	94	7 (367 min)	0	1 (35 min)	7,420 (1d)	~280 kcal/wk

Burn is an app estimate from activity type, duration and body weight, not measured.

5 Symptoms and side effects

4 entries

Symptom	Entries	Days	Avg severity (1-5)	Max	Most recent
Poor sleep	2	2	2.0	2	Oct 17
Low energy	1	1	2.0	2	Oct 10

Bowel movements (daily check-in)

Days answered	Days with BM	Days without	Frequency	Longest run without
26	20	6	77% of answered days	1 day

Bristol type	1 hard lumps	2 lumpy	3 cracked	4 smooth	5 soft blobs	6 mushy	7 watery
Days (20)	-	-	5 (25%)	12 (60%)	3 (15%)	-	-

Frequency = check-in days answered "yes" / days the question was answered. Days without a check-in are not counted.

Dated entries

Date	Entry	Severity	Note
Oct 3	Poor sleep	2	Late screen time
Oct 10	Low energy	2	Long workday
Oct 17	Poor sleep	2	
Oct 22	Check-in note	-	Sore legs after squats

6 Sleep, wellbeing and vitals

26 of 30 days with a check-in

AVG SLEEP 7.1h 6.5-8.0 h 26 nights	SLEEP QUALITY 3.3 / 5 26 nights rated	ENERGY 3.7 / 5 26 days rated	MOOD 3.6 / 5 26 days rated	RESTING HR (AVG) 61 bpm 8 readings	BP (AVG) 120/78 mmHg 8 readings
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Home reading	Average	Range (min-max)	Readings
Resting heart rate	61 bpm	60-63 bpm	8
Blood pressure, systolic	120 mmHg	118-122 mmHg	8
Blood pressure, diastolic	78 mmHg	78-78 mmHg	8

Week of	Check-ins	Sleep h	Sleep qual.	Energy	Mood	Resting HR	BP avg
Sep 24	6	7.2	3.5	3.5	3.2	62	119/78
Oct 1	6	7.2	3.3	3.3	3.3	60	121/78
Oct 8	6	7.2	3.2	3.5	3.3	61	120/78
Oct 15	6	6.9	3.5	4.5	4.2	63	121/78
Oct 22	2	6.8	3.0	3.5	4.5	61	122/78

Self-reported daily check-in; ratings 1 (low) to 5 (high). HR and BP are home readings entered by the user, not verified. Averages use days with an entry.

7 Questions and notes for my doctor

Questions

- Is about 0.4 lb a week a healthy pace for me while I train 4 days a week?
- Is 170 g of protein a day right for my goal and training?
- Should my resting heart rate and blood pressure be checked at my next visit?

Notes

Home BP readings taken in the morning, seated.