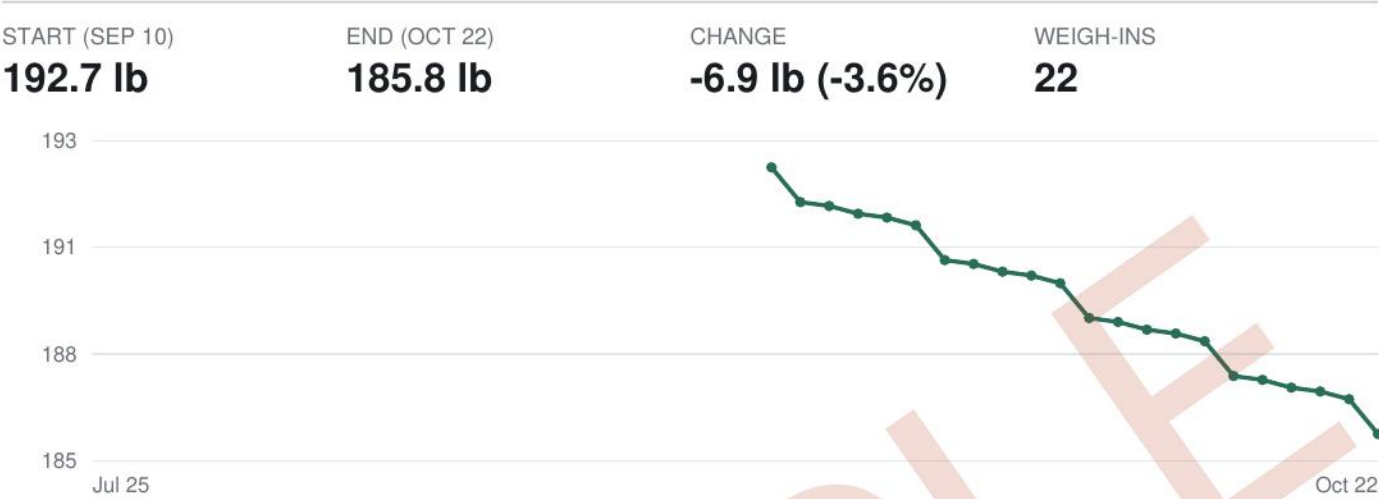


BALANCR

Health log report

Jul 25, 2026 - Oct 22, 2026 | Generated Oct 22, 2026

Weight trend



Nutrition

AVG CALORIES / DAY	AVG PROTEIN / DAY	PROTEIN GOAL HIT	DAYS LOGGED
2,037 kcal	166 g	40% of days	42

Averages use only days with at least one logged meal (42 days). Protein goal: 170 g/day. Calorie goal: 2,100 kcal/day.

Questions for my doctor

Is my protein intake right for my goal?
Should I check anything before raising my step target?