

Target Date

7/26/14

Calorie Change

-358 kCal/day

Calorie Intake Goal

1524 kCal/day

WEIGHT TARGET:

122.6 lbs (Normal)

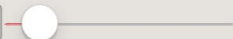
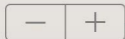


EXERCISE TARGET:

0 hrs 58 min/week

Moderate

250 kCal/week



DIETING TARGET:

Little Change



metabolism



history



goals



settings