

## Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

### Profile Info

Personal: Test Student Female 28 yrs 5 ft 5 in 158.00 lb

Day(s): 2019 Mar 15, Mar 16, Mar 17

Activity Level: Low Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 26.3

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Profile Calorie Goal: 2359

### Summary

	Calories Expended
Calories Expended Through Sedentary Activities of Daily Living**	2064
Average Calories Expended Through Exercise	201
Daily Average***	2265

Calorie Target  
2359

Daily Average  
2265



[\*\*] The Sedentary activity level includes basic daily tasks such as getting ready for the day, housework, walking to work or class, and light yard work. These tasks are called Activities of Daily Living (ADL). If you engage in physical activity beyond that included in the activities of daily living, you may increase your activity level to Low Active, Active or Very Active. The Active activity level is recommended by the government for health.

[\*\*\*] Your Daily Average put you in the Sedentary activity level, and suggests 2064 Calories to maintain your current weight.

### Daily Activity Details

Fri 03-15-2019

Duration	Mets	Exercise	Calories Expended
30 minutes	4.0	conditioning, yoga, Power	151
		Sedentary Activities of Daily Living**	2064
		Total Calories (Sedentary)	2215

Sat 03-16-2019

Duration	Mets	Exercise	Calories Expended
60 minutes	4.0	walking, to work or class	301

## Daily Activity Details

Sedentary Activities of Daily Living**	2064
Total Calories (Low Active)	2365

Sun 03-17-2019

Duration	Mets	Exercise	Calories Expended
20 minutes	6.0	conditioning, resistance training, weight lifting, vigorous	151
		Sedentary Activities of Daily Living**	2064
		Total Calories (Sedentary)	2215

Sample