

## iProfile / Energy Balance

Emily Kalwasinski

Start date: Thu Sep 24 2015 End date: Sat Sep 26 2015

Date	kCals Consumed	kCal Burned	Net kCal
Thursday, September 24	1175	2404	-1229
Friday, September 25	1303	2703	-1399
Saturday, September 26	2553	2543	+10
Totals:	5031	7649	-2618

Caloric Summary	
Recommended:	2651
Average Intake:	1677
Average Expenditure:	2550
Average Net Gain/Loss:	-873