



Summary Intake Report for John Doe

Days Covered: 3/3/2003

Client Information

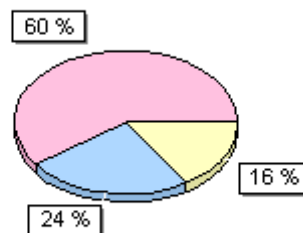
Start Date: 07/30/2002 **Starting Weight:** 128 pounds
Goal Date: 08/13/2002 **Desired Weight:** 127 pounds
Gender: Male **Desired Loss:** 1 pounds
Age: 54 **Starting Body Fat:** 5%
Build: Small **Desired Body Fat:** 6%
Height: 71 in. **Starting BMI:** 17.9
Activity Level: Moderately Active **Desired BMI:** 17.7

Number of Intake Days: 1

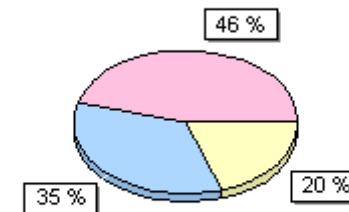
Average Calories Per Day: 745 **Actual PCF Ratio:** 35-46-20

Daily Calorie Goal: 1665 **Desired PCF Ratio:** 24-60-16

Desired PCF Ratio



Actual PCF Ratio



Carbs Protein Fat

Carbs Protein Fat

Average Daily Intake Values

	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Cholest (mg)	Dietary Fiber (g)	Sodium (mg)						
Breakfast	637	55	76	15	3	5	20	1,044						
Morning Stack	108	12	13	2	0	0	3	29						
Lunch	0	0	0	0	0	0	0	0						
Afternoon Snack	0	0	0	0	0	0	0	0						
Dinner	0	0	0	0	0	0	0	0						
Evening Snack	0	0	0	0	0	0	0	0						
Daily Total:	745	67	89	17	3	5	23	1,073						
Daily Goal:	1,665	100	250	30	11	241	40	2,400						
% of Daily Goal:	45 %	67 %	36 %	57 %	27 %	2 %	57 %	45 %						

Average Daily Exchange Information:

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
1	0	0	0	0	3.41	0.04	0	0	0	2.03	0