

Last Name: **DEMO**
 First Name: **Fitmate**
 Gender: **Male**

Age: **42**
 Height (cm): **184,00**
 Weight (Kg): **69,3**

Membership #: **2**
 Report Date: **15/05/2009**
 Personal Trainer:

Activity Monitor

Days:	61
Partial Days:	2 (marked as *)
Recorded Period:	16/03/2009 - 15/05/2009
Selected Period:	12/04/2009 - 18/04/2009
Selected Days:	7

	<i>Daily Avg</i>	<i>Daily Target</i>	<i>Total</i>
Total Energy Expenditure (Kcal)	2094		
Activity Time (min)	9	30	69
Activity Energy Expenditure (Kcal)	288	350	
Step (#)	9920		69442
Distanza (km)	7,4		52,0
Intensity Level Very Light (hh:mm)	12.55		90.31
Intensity Level Light (hh:mm)	00.20		02.22
Intensity Level Moderate (hh:mm)	00.01		00.09
Intensity Level Heavy (hh:mm)	00.00		00.05
Capacità Funzionale (METS)	1,7		

