

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**

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

