Victory Coach

Prepared 21 Nov 2026

Follow-up report

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14 Nov 2026 to 20 Nov 2026

Days with records

Nutrition: 7 of 7 days · Drinks: 7 of 7 days · Fasting: 7 of 7 days · Activity: 7 of 7 days · Sleep: 7 of 7 days · Measurements: 4 of 7 days · Supplements: 5 of 7 days

Profile

Source · Self-reported

Age	41 yr
Sex	Female
Height	172 cm
Recorded weight	71.8 kg · 20 Nov

Nutrition

Source · Self-reported

Metric	Daily average	Daily reference and source
Energy	1,948 kcal · 7 d.	—
Protein	105 g · 7 d.	62 g · Personalized Victory Coach calculation · EFSA 4 December 2017
Carbohydrates	205 g · 7 d.	—
of which sugars	49 g · 7 d.	—
Fat	69 g · 7 d.	—
of which saturated	19 g · 7 d.	—
Fiber	26 g · 7 d.	25–30 g · WHO 2023, EFSA 4 December 2017, ANSES December 2016
Salt	2.3 g · 7 d.	Under 5 g · WHO
Fruit and vegetables	414 g · 7 d.	At least 400 g · WHO
Meals	3.1 · 7 d.	—
First meal	8:38 · 7 d.	—
Last meal	19:44 · 7 d.	—

Daily records

Metric	14 Nov	15 Nov	16 Nov	17 Nov	18 Nov	19 Nov	20 Nov
Energy	2,291 kcal	1,653 kcal	1,692 kcal	1,878 kcal	1,917 kcal	1,852 kcal	2,354 kcal
Protein	116 g	97 g	94 g	104 g	110 g	102 g	109 g
Carbohydrates	243 g	162 g	186 g	199 g	210 g	191 g	245 g
of which sugars	67 g	39 g	43 g	47 g	48 g	43 g	56 g
Fat	74 g	63 g	58 g	68 g	64 g	69 g	84 g
of which saturated	19 g	16 g	17 g	19 g	18 g	18 g	24 g
Fiber	35 g	20 g	22 g	25 g	27 g	24 g	31 g
Salt	4.1 g	2.6 g	1.9 g	2.2 g	2.3 g	1.9 g	0.8 g
Fruit and vegetables	566 g	315 g	346 g	377 g	408 g	371 g	512 g
Meals	4	3	3	3	3	3	3
First meal	9:25	10:10	7:45	8:20	7:55	8:40	8:10
Last meal	20:20	19:10	18:55	19:35	20:05	19:00	21:05

—: missing value.

Values missing from the records: salt (1 food)

Prepared by the individual from their own records. This document does not constitute medical advice.
Nutrition values are calculated from log entries and their associated food records. Food databases used · Ciqual (ANSES).

Drinks

Source · Self-reported · Imported from Apple Health

Water counted	1.6 L / day · 7 days
Other drinks logged	0.3 L / day · 7 days
Total drinks	1.9 L / day · 7 days
Total water including food	2.9 L / day · 7 days
Water reference, including food	2.0 L · EFSA 4 December 2017
Alcohol over the period	1 drink logged · 250 mL

Apple Health and the log are compared day by day. If Apple Health water exceeds the total volume of logged drinks, the difference is added to the water counted.

Fasting

Source · Calculated from the log

Durations	Avg. 12 h 20 min · min. 11 h 25 min · max. 13 h 10 min · 7 fasts

Activity

Source · Imported from Apple Health · Self-reported · Some values estimated

Steps	8,904 / day · 7 days
Active time	46 min / day · 6 days
Sessions over the period	2 sessions · 2 h 18 min total · Hiking, Pilates
Estimated active energy	356 kcal / day · 7 days · Estimated from steps

Sleep

Source · Self-reported · Imported from Apple Health

Average duration	7 h 47 min
Typical bedtime	23:42
Typical wake time	7:29
Nights recorded	7 of 7 nights

Measurements

Source · Imported from Apple Health · Self-reported

First weigh-in	71.6 kg · 15 Nov
Last weigh-in	71.8 kg · 20 Nov
Waist circumference	82.3 cm · 19 Nov
Blood pressure	118/75 mmHg · sys. 115–121, dia. 73–77 · 3 readings

Supplements

Source · Self-reported

Vitamin D	1,000 IU per intake · 5 intakes
Magnesium	1 capsule per intake · 2 intakes

Report produced with Victory Coach, an app that tracks food, activity, sleep and health. Learn more: **victorycoach.app**

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