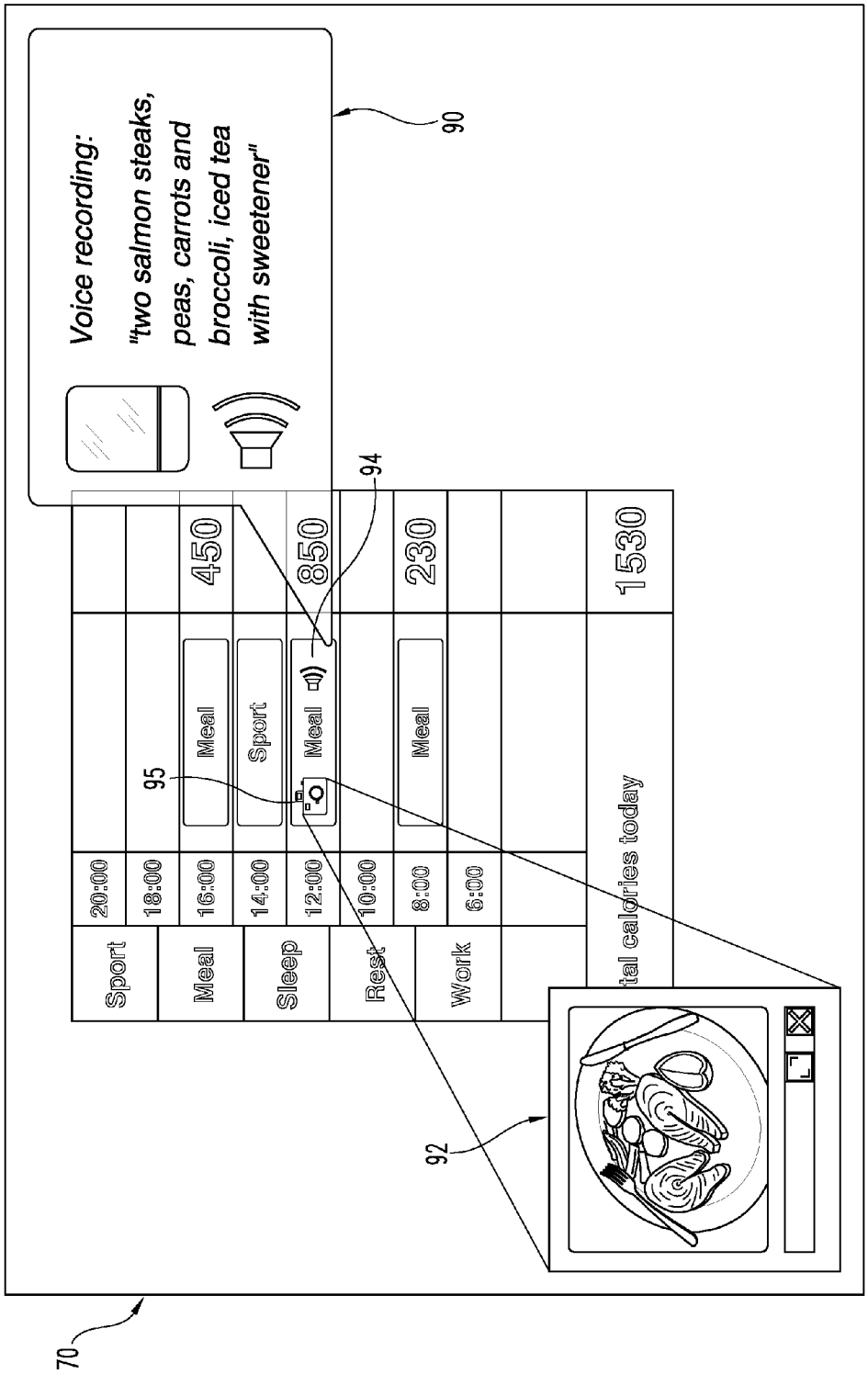
Voice recording:
"two salmon steaks, peas, carrots and broccoli, iced tea with sweetener"
90
94
95
92
70
Sport
Meal
Sleep
Rest
Work
20:00
18:00
16:00
14:00
12:00
10:00
8:00
6:00
Meal
Sport
Meal
Meal
450
850
230
1530
tal calories today

Fig. 10