



# Weekly Progress by Standard Action

User ID - 1    Loop - 1

Week of - 8/12/2024

Mr. John D Accelerated

Standard Action	Challenge/ Day Type	Days by Week											
		1	2	3	4	5	6	7	8	9	10	11	12
Breakfast	Start Time												
	- Planned	5	5	5	5	5	5	5	5	5	5	5	5
	- Engagement	4	5	4	5	5	5	4	5	5	5	5	5
	- Achievement	1	0	4	3	3	3	1	5	5	3	5	5
	Activity												
	- Planned	0	0	0	5	5	5	5	5	5	5	5	5
	- Engagement	0	0	0	5	5	5	4	5	5	5	5	5
	- Achievement	0	0	0	4	4	5	2	3	4	4	4	5
Lunch	Start Time												
	- Planned	5	5	5	5	5	5	5	5	5	5	5	5
	- Engagement	4	5	4	5	5	5	4	5	5	5	5	5
	- Achievement	3	3	2	4	5	5	2	5	5	3	5	5
	Activity												
	- Planned	0	0	0	5	5	5	5	5	5	5	5	5
	- Engagement	0	0	0	5	5	5	4	5	5	5	5	5
	- Achievement	0	0	0	4	5	4	2	3	3	2	4	3
Dinner	Start Time												
	- Planned	4	4	4	4	4	4	4	4	4	4	4	4
	- Engagement	3	4	3	3	4	4	3	4	4	4	4	4
	- Achievement	2	3	2	3	3	3	1	4	4	2	0	1
	Activity												
	- Planned	0	0	0	5	5	5	5	5	5	5	5	5
	- Engagement	0	0	0	5	5	5	4	5	5	5	5	5
	- Achievement	0	0	0	2	1	2	1	2	4	4	4	2

Standard Action	Challenge/ Day Type	Days by Week											
		1	2	3	4	5	6	7	8	9	10	11	12
After-Dinner Snack	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
Carried Out my Power Foods Plan	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	7	7	7
	- Achievement	2	7	4	4	5	2	4	4	3	7	7	6
Stayed within my Reversal Diet Limits	Start Time												
	- Planned	0	0	0	5	5	5	5	5	5	5	5	5
	- Engagement	0	0	0	5	5	5	4	5	5	5	5	5
	- Achievement	0	0	0	3	3	4	2	3	5	3	5	4
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	7	7	7
	- Achievement	4	5	4	4	5	5	4	7	7	7	7	7
Avoided Prohibited Foods	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	7	7	7
	- Achievement	5	7	6	7	7	7	6	7	7	4	7	7

Standard Action	Challenge/ Day Type	Days by Week											
		1	2	3	4	5	6	7	8	9	10	11	12
Avoided Alcohol	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	7	7	7
	- Achievement	2	7	6	5	6	6	5	6	6	7	6	6
Avoided Caffeine	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	7	7	7
	- Achievement	1	0	6	5	6	7	5	7	7	7	7	6
Avoided Nicotine	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	7	7	7
	- Achievement	2	0	5	5	6	6	5	6	6	3	6	6
Body Weight	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	1	1	1	1	1	1	1	1	1	1	1	1
	- Engagement	1	1	1	1	1	1	1	1	1	1	1	1
	- Achievement	1	1	1	1	0	0	1	0	0	1	0	1

Standard Action	Challenge/ Day Type	Days by Week											
		1	2	3	4	5	6	7	8	9	10	11	12
Fasting Blood Glucose	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	6	7	7
	- Achievement	6	7	6	5	6	6	5	6	7	6	7	7
Diabetic Neuropathy: Numbness	Start Time												
	- Planned	0	0	0	0	0	0	0	0	0	0	0	0
	- Engagement	0	0	0	0	0	0	0	0	0	0	0	0
	- Achievement	0	0	0	0	0	0	0	0	0	0	0	0
	Activity												
	- Planned	7	7	7	7	7	7	7	7	7	7	7	7
	- Engagement	6	7	6	7	7	7	6	7	7	6	7	7
	- Achievement	6	7	6	7	6	7	5	7	7	6	7	7

0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0

7	7	7	7	7	7	7	7	7
7	7	7	6	7	7	6	7	7
7	7	7	6	7	7	6	7	7

0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0

1	1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1	1
1	1	1	1	1	0	1	0	1

Standard Action	Challenge/ Day Type	Days by Week											
		1	2	3	4	5	6	7	8	9	10	11	12

0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0

7	7	7	7	7	7	7	7	7	7	7	7	7	7
6	6	6	5	7	7	7	6	7	7	6	7	7	7
6	6	6	5	7	7	7	6	7	7	6	7	7	7

0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0

7	7	7	7	7	7	7	7	7	7	7	7	7	7
2	4	3	4	7	6	6	6	7	7	6	7	7	7
2	4	3	4	7	6	6	6	7	7	6	7	7	7