

MettaTrackAI™

Clinical Metabolic Health Report

MEDICAL-GRADE DATA PRECISION

Report Period

Generated: Thursday, July 2, 2026

Data Range: Last 30 Days

Total Entries: 152 meals logged

How to read this report: Values shown reflect raw clinical precision. Net Carbs are rounded up to the nearest gram as a conservative safety margin. F:P Ratio shows fat-to-protein caloric balance – higher indicates a more ketogenic distribution.

30-Day Summary

76g

AVG NET CARBS

2.6:1

AVG F:P RATIO

7.5

AVG METABOLIC SCORE

-1.5 lbs

WEIGHT CHANGE

Trend: average net carbs increased 4% across the period and Metabolic Health Score declined from 7.6 to 7.4.

Daily Nutrition & Metabolic Score

Date	Protein (g)	Fat (g)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	F:P Ratio	Metabolic Score
6/2/2026	60.8	62.4	94.9	18.7	77	2.31:1	6.0
6/3/2026	149.0	134.0	87.9	18.1	70	2.02:1	9.0
6/4/2026	95.0	118.0	96.0	27.0	69	2.79:1	9.0
6/5/2026	95.3	128.3	94.1	15.7	79	3.03:1	6.0
6/6/2026	73.7	109.4	76.2	15.3	61	3.34:1	8.0
6/7/2026	95.6	154.2	79.0	21.1	58	3.63:1	9.0
6/8/2026	128.2	151.9	73.6	20.1	54	2.67:1	8.0

Date	Protein (g)	Fat (g)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	F:P Ratio	Metabolic Score
6/9/2026	118.6	154.4	51.2	14.8	37	2.93:1	10.0
6/10/2026	115.5	92.2	64.0	16.0	49	1.80:1	10.0
6/11/2026	126.7	168.7	154.1	20.6	134	3.00:1	6.0
6/12/2026	91.1	103.2	79.8	19.1	61	2.55:1	6.0
6/13/2026	107.0	122.4	165.2	45.4	120	2.57:1	4.0
6/14/2026	165.1	140.9	172.3	33.1	140	1.92:1	6.0
6/15/2026	116.7	114.8	99.7	29.7	70	2.21:1	7.0
6/16/2026	119.9	107.8	102.4	20.0	83	2.02:1	7.0
6/17/2026	115.1	126.2	84.6	27.5	58	2.47:1	8.0
6/18/2026	104.6	156.5	95.9	20.4	76	3.37:1	5.0
6/19/2026	101.1	109.9	96.3	31.3	66	2.45:1	8.0
6/20/2026	103.4	130.2	167.7	19.5	149	2.83:1	7.0
6/21/2026	111.8	129.5	43.4	7.5	36	2.61:1	9.0
6/22/2026	114.0	148.6	61.1	25.2	36	2.93:1	10.0
6/23/2026	90.1	96.2	143.0	29.4	114	2.40:1	6.0
6/24/2026	70.9	60.3	74.0	17.1	57	1.91:1	7.0
6/25/2026	101.9	146.6	49.2	14.9	35	3.24:1	10.0
6/26/2026	72.0	100.0	133.1	20.1	114	3.12:1	4.0
6/27/2026	82.5	83.5	144.3	36.9	108	2.28:1	6.0
6/28/2026	98.7	137.0	88.4	28.9	60	3.12:1	8.0
6/29/2026	107.0	138.0	63.0	25.0	38	2.90:1	10.0
6/30/2026	188.1	78.5	141.8	20.2	122	0.94:1	6.0
7/1/2026	148.8	127.9	76.6	28.0	49	1.93:1	10.0

Glucose & Ketone Summary

Avg Glucose (mg/dL)	Time in Range (70-180)	Readings Logged
50.5	50% (n=2 – low sample size)	2

Date	Glucose (mg/dL)	Ketones (mmol/L)	GKI
6/8/2026	96	—	—
6/22/2026	5	—	—

Vitals — Weight, Resting Heart Rate, HRV & Blood Pressure

149 LATEST WEIGHT (LBS)	-1.5 CHANGE (LBS)	-- AVG RHR (BPM)	-- AVG HRV
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110/70 AVG BLOOD PRESSURE

Exercise Summary

Date	Activity	Duration (min)	Calories Burned
6/27/2026	Walking	60	237
6/27/2026	Strength Training	15	40
6/27/2026	Walking	60	111
6/25/2026	Hiking	90	558
6/22/2026	Running/Hiking	40	169
6/17/2026	Walking	50	197
6/17/2026	Strength Training	30	169
6/16/2026	Stretching	10	28
6/15/2026	Walking	70	276
6/14/2026	General Exercise	30	79
6/14/2026	Running/Hiking	40	169
6/14/2026	Functional Warm Up	10	26
6/10/2026	Walking	30	118
6/10/2026	Functional Exercises	10	56
6/8/2026	Walking	60	238

Date	Activity	Duration (min)	Calories Burned
6/8/2026	Strength Training	30	170
6/4/2026	Walking	30	119
6/4/2026	Stretching	10	28
6/3/2026	Walking with Weights	35	139
6/3/2026	General Exercise	10	170
6/2/2026	Hiking	60	175

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Nutrition values displayed with 0.1g precision. Net carbs rounded up as a conservative safety margin.