MettaTrackAI™

Metabolic Report

Summary of data logged in MettaTrackAI, prepared for discussion with a practitioner.

Report Period

Generated: Thursday, October 22, 2026
Data Range: Aug 30, 2026 to Sep 9, 2026 (period requested: Aug 30, 2026 to Sep 9, 2026)
Total Entries: 57 meals logged

How to read this report: Values shown are exact logged values. 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. Metabolic Score (0 to 11) is a daily wellness score worked out from your logged data: net carbs against your target (up to 3 points), the app's predicted glucose-impact rating for that day's meals (up to 2), fat-to-protein balance (up to 2), fasting window (up to 2), water of 64 oz or more (1), and calorie balance (1 point when net calories, food minus calories burned, land within 200 of the calorie target, or 450 on a weight-gain goal; this point needs a weight logged that day and a saved profile, so days without them top out at 10). It is a wellness badge, not a medical assessment.

About this report: This report summarizes information you logged or synced in MettaTrackAI. It is intended for personal tracking and for review with your healthcare provider. It is not medical advice and does not diagnose, treat, cure, or prevent any condition. Glucose, nutrition and vitals values are logged or synced values. Calories burned on days with no logged workout are estimated from steps and are labeled as estimates in the chart.

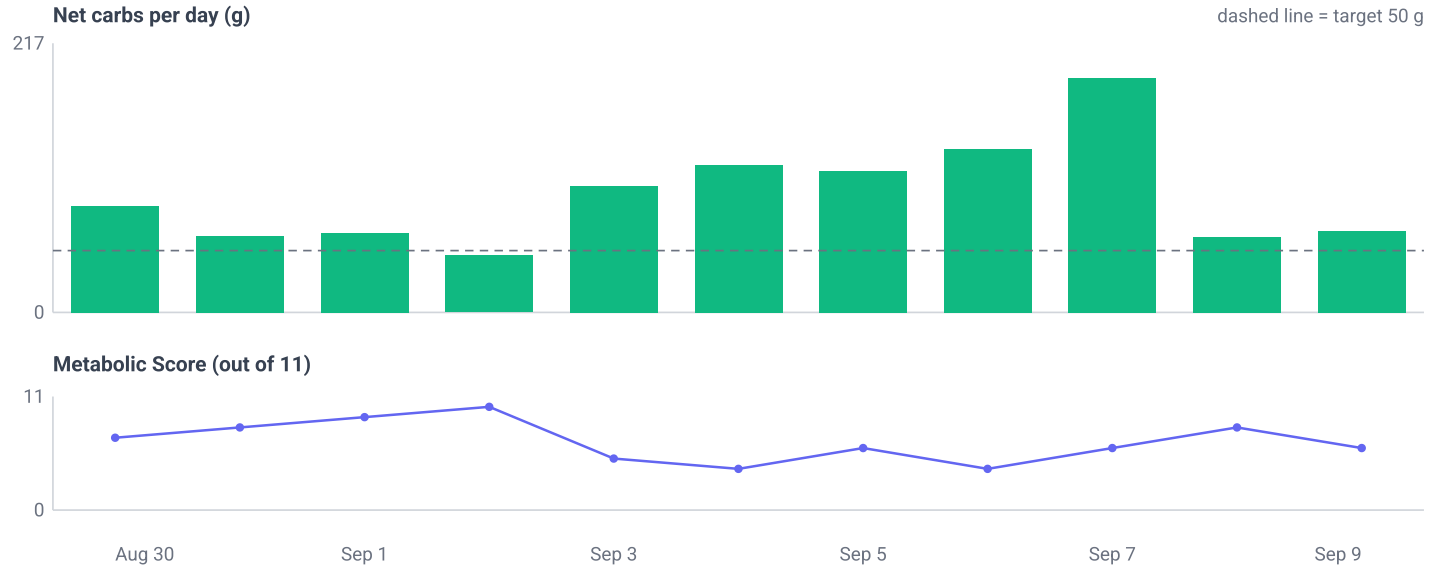
11-Day Summary

95g	3.0:1	6.6	-1.5 lbs
AVG NET CARBS	AVG F:P RATIO	AVG METABOLIC SCORE	WEIGHT CHANGE

Trend: average net carbs increased 58% across the period and Metabolic Score declined from 7.8 to 5.7.

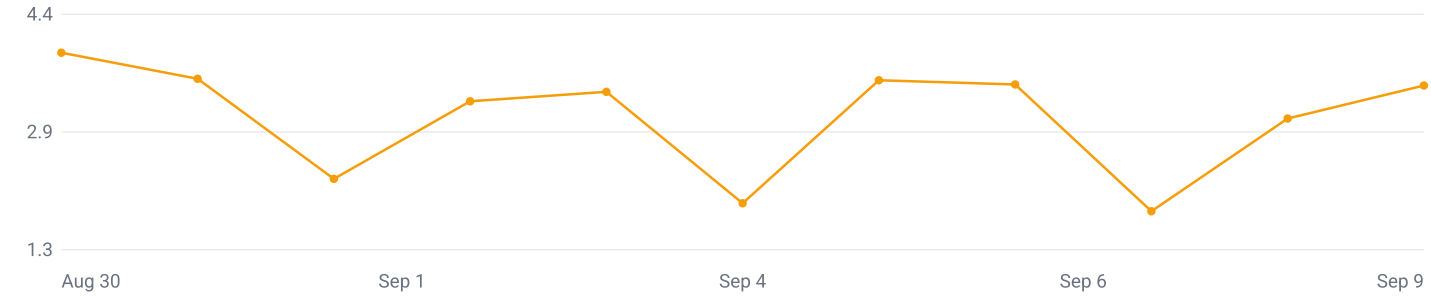
Daily Nutrition & Metabolic Score

Daily net carbs and Metabolic Score



Aug 30, 2026 to Sep 9, 2026 · 11 days with meals logged

Fat-to-protein ratio (F:P)



Aug 30, 2026 to Sep 9, 2026 · 11 days · a higher ratio means a more ketogenic fat-to-protein balance

Date	Protein (g)	Fat (g)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	F:P Ratio	Metabolic Score
9/9/2026	108.1	165.9	97.8	32.3	66	3.45:1	6.0
9/8/2026	96.0	129.0	84.1	23.6	61	3.02:1	8.0
9/7/2026	137.0	111.1	223.0	34.0	189	1.82:1	6.0
9/6/2026	113.0	174.1	160.7	29.4	132	3.47:1	4.0
9/5/2026	118.8	185.9	164.7	50.8	114	3.52:1	6.0
9/4/2026	94.7	81.0	149.2	30.5	119	1.93:1	4.0
9/3/2026	176.4	264.4	123.3	22.1	102	3.37:1	5.0
9/2/2026	107.4	155.1	84.3	39.0	46	3.25:1	10.0
9/1/2026	105.9	105.5	101.7	37.8	64	2.24:1	9.0
8/31/2026	112.7	177.3	97.8	36.2	62	3.54:1	8.0

Generated from data entered by the user and from connected apps and devices. Not verified by MettaTrackAI. For information and discussion with a practitioner. Not a diagnosis or a medical record.

Date	Protein (g)	Fat (g)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	F:P Ratio	Metabolic Score
8/30/2026	91.7	158.0	132.5	47.3	86	3.88:1	7.0

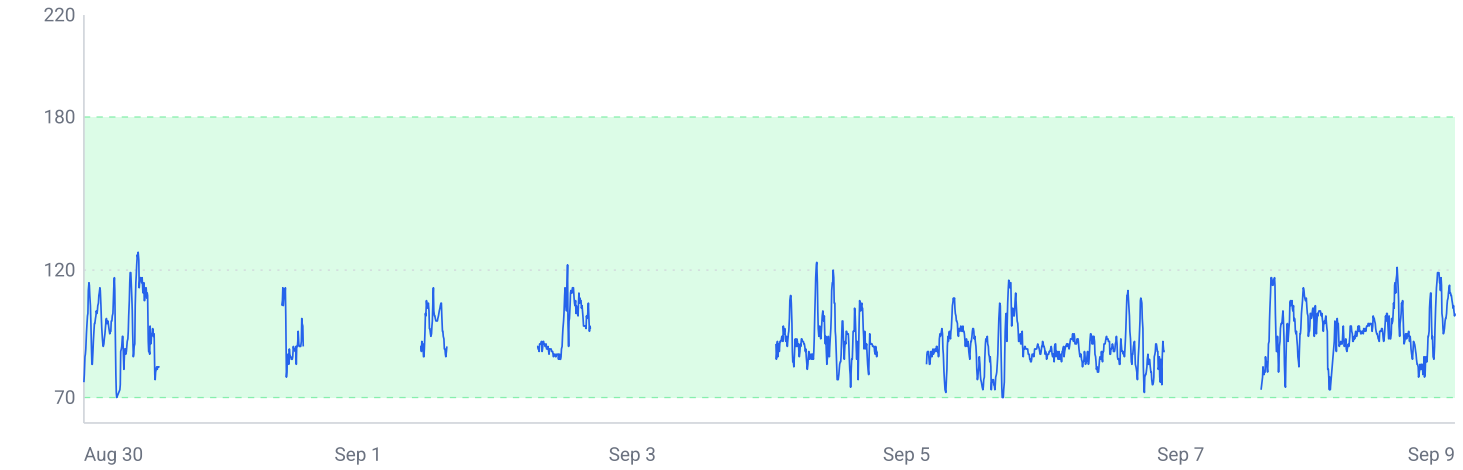
Glucose & Ketone Summary

Readings	Average (mg/dL)	Std Dev	CV (%)	Min	Max
1415	94.0	9.9	10.6	70	127

Below 70	70 to 180	Above 180	70 to 120 (tighter band)
0%	100%	0%	99%

Aug 30, 2026 to Sep 9, 2026 · 1415 readings (CGM 1414, manual 1) · CGM coverage about 45% (estimated from the sensor's reading interval)
Readings excluded from these statistics as outside a plausible range (sensor below 40 or above 400 mg/dL; manual below 20 or above 600 mg/dL): 0. Excluded readings stay in your logged data.

Glucose over the report period (mg/dL)



sensor readings · manual readings · shaded band: 70 to 180 mg/dL
Aug 30, 2026 to Sep 9, 2026 · 1415 readings (CGM 1414, manual 1) · CGM coverage about 45% (estimated from the sensor's reading interval)

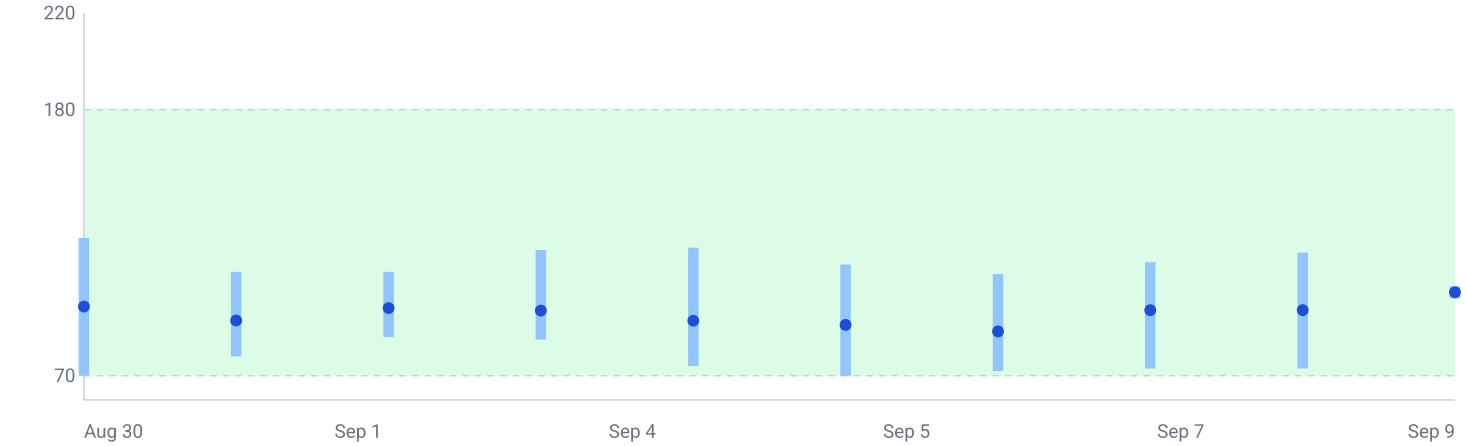
Time in range



below 70: 0% · 70 to 180: 100% · above 180: 0% (tighter band 70 to 120: 99%)
Aug 30, 2026 to Sep 9, 2026 · 1415 readings (CGM 1414, manual 1) · CGM coverage about 45% (estimated from the sensor's reading interval)

Generated from data entered by the user and from connected apps and devices. Not verified by MettaTrackAI. For information and discussion with a practitioner. Not a diagnosis or a medical record.

Daily glucose trend (mg/dL)



daily minimum to maximum • daily average

Aug 30, 2026 to Sep 9, 2026 · 1415 readings (CGM 1414, manual 1) · CGM coverage about 45% (estimated from the sensor's reading interval)

Date	Min (mg/dL)	Avg (mg/dL)	Max (mg/dL)	Readings	Ketones (mmol/L)	GKI
9/9/2026	102	105	107	6	—	—
9/8/2026	73	97	121	279	—	—
9/7/2026	73	97	117	92	—	—
9/6/2026	72	88	112	288	—	—
9/5/2026	70	91	116	190	—	—
9/4/2026	74	93	123	205	—	—
9/2/2026	85	97	122	108	—	—
9/1/2026	86	98	113	54	—	—
8/31/2026	78	93	113	45	1.2	4.4
8/30/2026	70	99	127	148	—	—

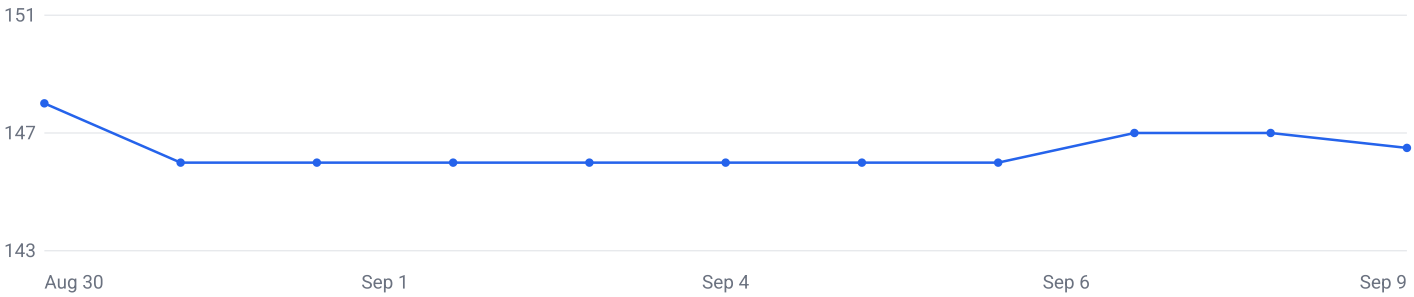
Vitals — Weight, Resting Heart Rate, HRV & Blood Pressure

146.5	-1.5	53	--
LATEST WEIGHT (LBS)	CHANGE (LBS)	AVG RHR (BPM)	AVG HRV

--	46 oz
AVG BLOOD PRESSURE	AVG DAILY WATER

Generated from data entered by the user and from connected apps and devices. Not verified by MettaTrackAI. For information and discussion with a practitioner. Not a diagnosis or a medical record.

Weight (lbs)



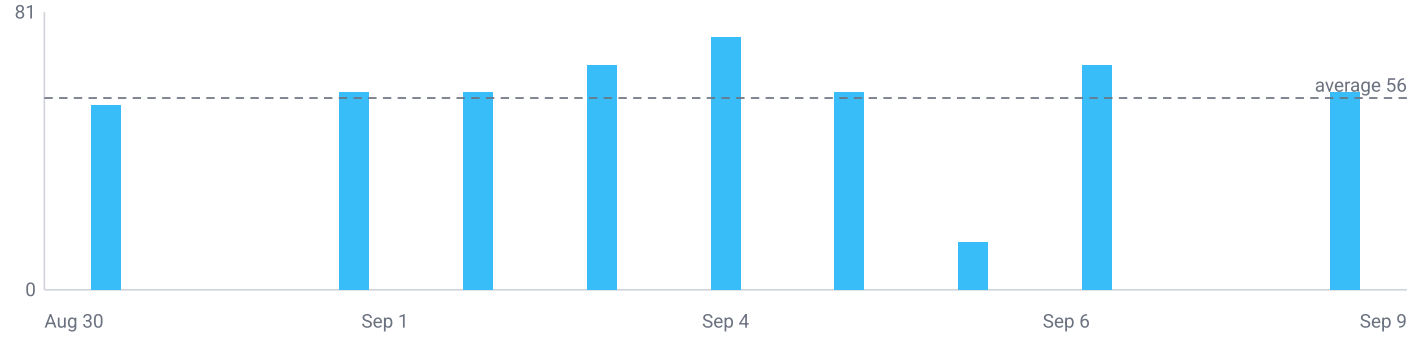
Aug 30, 2026 to Sep 9, 2026 · 11 weigh-ins · first 148, latest 146.5

Resting heart rate (bpm)



Aug 30, 2026 to Sep 9, 2026 · 9 days

Water per day (oz)



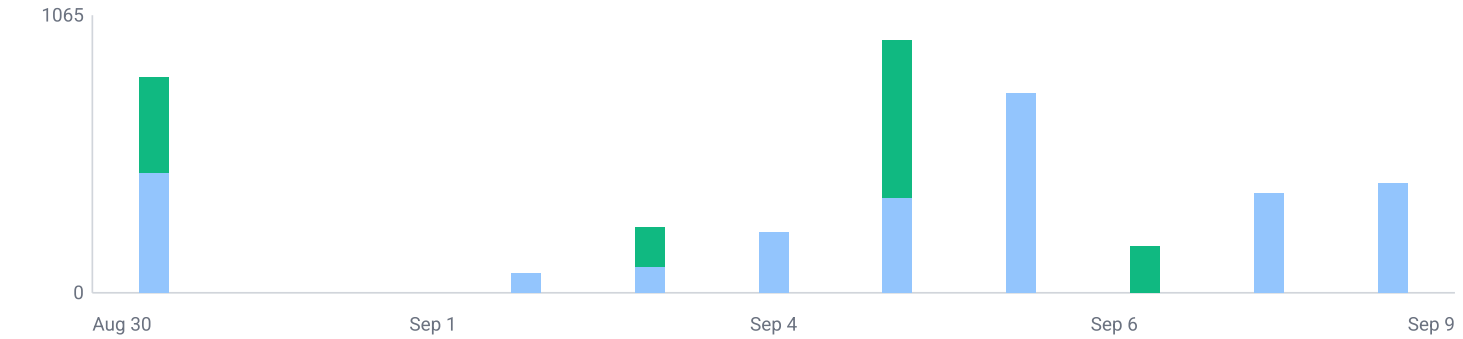
Aug 30, 2026 to Sep 9, 2026 · logged water plus water found in meal descriptions · days with none are blank

Exercise Summary

Date	Activity	Duration (min)	Calories Burned
9/7/2026	Walking	33	178
9/5/2026	Hiking	96	603
9/4/2026	Hiking	54	—
9/3/2026	Strength Training	25	150
8/30/2026	Fat burn run (Advanced)	65	364

Generated from data entered by the user and from connected apps and devices. Not verified by MettaTrackAI. For information and discussion with a practitioner. Not a diagnosis or a medical record.

Calories burned per day



daily activity (estimated from steps) logged workouts

Aug 30, 2026 to Sep 9, 2026 · days with no data are blank

MettaTrackAI™ | MettaTrack LLC
Wellness and metabolic tracking
Nutrition values displayed with 0.1g precision. Net carbs rounded up as a conservative safety margin.
For personal tracking and review with your healthcare provider. Not medical advice.

Generated from data entered by the user and from connected apps and devices. Not verified by MettaTrackAI. For information and discussion with a practitioner. Not a diagnosis or a medical record.