

TIMELINE · 14–20 SEP 2026

76 entries over 7 days

Everything logged in Metrya and read from Apple Health, by time, with the details behind each entry.

Not a medical document. This is a personal wellness summary, not a medical record. It is not a diagnosis and not a clinical document, and it must not be used to diagnose, treat or monitor any condition. The numbers come from consumer devices and your own logs, and they can be wrong. Reference ranges are general population references, not a judgement about you. If a number worries you, talk to a health professional.

Workouts 9	Sessions 1	Check-ins 7	Logged items 13
Supplement doses 20	Meals 21	Water 5	

Monday 14 Sep

11 entries

06:48	Woke up Asleep 7 h 12 last night
07:02	Coffee 95 mg
07:15	Running 38 min outdoor · from Apple Health
08:20	Oatmeal with banana and walnuts 420 kcal · protein 14 g · carbs 62 g · fat 13 g · fibre 9 g from Metrya
08:25	Supplements · Morning Vitamin D3 + K2 08:25 · Creatine monohydrate 08:25
09:35	Coffee 95 mg
09:50	Mood Mood 8/10
12:45	Chicken burrito bowl 640 kcal · protein 46 g · carbs 68 g · fat 20 g · fibre 11 g from Metrya
16:10	Almonds (30 g serving) 180 kcal · protein 6 g · carbs 6 g · fat 16 g · fibre 4 g from Metrya
19:20	Water 2.1 L in 6 drinks 07:02 250 ml · 08:20 250 ml · 10:05 400 ml · 12:50 350 ml · 15:30 400 ml · 19:20 450 ml
19:30	Salmon, rice and broccoli 720 kcal · protein 44 g · carbs 74 g · fat 26 g · fibre 7 g from Metrya
22:05	Supplements · Evening Magnesium glycinate 22:05

TIMELINE · 14–20 SEP 2026 (CONTINUED)

23:12 Fell asleep

Tuesday 15 Sep

14 entries

- 06:19

Woke up

Asleep 7 h 41 last night
- 06:40

Coffee

95 mg
- 07:05

Supplements · Morning

Vitamin D3 + K2 07:05 · Creatine monohydrate 07:05
- 07:30

Greek yogurt with berries (250 g serving)

290 kcal · protein 28 g · carbs 32 g · fat 5 g · fibre 5 g
from Metrya
- 09:15

Mood

Mood 9/10
- 09:40

Coffee

95 mg
- 12:40

Walking

31 min
outdoor · from Apple Health
- 13:10

Tuna and avocado wrap

610 kcal · protein 38 g · carbs 52 g · fat 28 g · fibre 9 g
from Metrya
- 13:15

Supplements · Midday

Omega-3 fish oil 13:15
- 15:55

Protein bar

210 kcal · protein 20 g · carbs 22 g · fat 7 g · fibre 6 g
from Metrya
- 18:10

Strength

52 min
indoor · from Apple Health
- 19:05

Supplements · After workout

Protein powder whey 19:05
- 20:15

Beef stir-fry with noodles

780 kcal · protein 52 g · carbs 82 g · fat 24 g · fibre 8 g
from Metrya
- 20:15

Water

2.4 L in 7 drinks
06:40 250 ml · 07:30 250 ml · 09:40 300 ml · 12:40 500 ml · 15:10 350 ml · 18:40 400 ml · 20:15 350 ml
- 22:00

Supplements · Evening

Magnesium glycinate 22:00
- 22:58

Fell asleep

TIMELINE · 14–20 SEP 2026 (CONTINUED)

Wednesday 16 Sep 9 entries

06:51	Woke up Asleep 6 h 18 last night
07:10	Coffee 95 mg
07:25	Supplements · Morning Vitamin D3 + K2 07:25 · Creatine monohydrate 07:25
07:40	Scrambled eggs on sourdough 480 kcal · protein 30 g · carbs 38 g · fat 22 g · fibre 4 g from Metrya
10:30	Mood Mood 6/10
13:05	Walking 22 min outdoor · from Apple Health
13:30	Margherita pizza (2 slices) 560 kcal · protein 24 g · carbs 72 g · fat 20 g · fibre 4 g from Metrya
19:10	Turkey chili with beans 640 kcal · protein 48 g · carbs 62 g · fat 18 g · fibre 14 g from Metrya
20:20	Red light 15 min · moderate
22:30	Supplements · Evening Magnesium glycinate 22:30
00:21	Fell asleep

Thursday 17 Sep 8 entries

07:15	Woke up Asleep 6 h 54 last night
07:35	Coffee 95 mg
07:40	Supplements · Morning Vitamin D3 + K2 07:40 · Creatine monohydrate 07:40
10:05	Mood Mood 7/10
10:50	Coffee 95 mg
13:20	Supplements · Midday Omega-3 fish oil 13:20
16:40	Sunlight 25 min

TIMELINE · 14–20 SEP 2026 (CONTINUED)

- 17:30

Cycling

45 min

outdoor · from Apple Health
- 20:30

Water

1.9 L in 5 drinks

07:35 250 ml · 10:50 300 ml · 13:20 400 ml · 17:30 500 ml · 20:30 450 ml
- 23:40

Fell asleep

Friday 18 Sep

13 entries

- 06:24

Woke up

Asleep 7 h 33 last night
- 06:50

Coffee

95 mg
- 07:10

Supplements · Morning

Vitamin D3 + K2 07:10 · Creatine monohydrate 07:10
- 07:35

Overnight oats with chia

390 kcal · protein 18 g · carbs 54 g · fat 12 g · fibre 11 g

from Metrya
- 09:20

Mood

Mood 9/10
- 09:45

Coffee

95 mg
- 12:20

Walking

28 min

outdoor · from Apple Health
- 12:55

Chicken Caesar salad

540 kcal · protein 42 g · carbs 24 g · fat 30 g · fibre 5 g

from Metrya
- 13:00

Supplements · Midday

Omega-3 fish oil 13:00
- 18:05

Strength

58 min

indoor · from Apple Health
- 19:10

Supplements · After workout

Protein powder whey 19:10
- 20:30

Pasta with turkey meatballs

860 kcal · protein 58 g · carbs 98 g · fat 24 g · fibre 9 g

from Metrya
- 20:30

Water

2.6 L in 7 drinks

06:50 250 ml · 09:45 300 ml · 12:55 400 ml · 15:40 350 ml · 18:05 500 ml · 19:10 500 ml · 20:30 300 ml
- 22:10

Supplements · Evening

Magnesium glycinate 22:10
- 23:05

Fell asleep

TIMELINE · 14–20 SEP 2026 (CONTINUED)

Saturday 19 Sep11 entries

07:02	Woke up Asleep 7 h 38 last night
07:20	Coffee 95 mg
07:30	Supplements · Morning Vitamin D3 + K2 07:30 · Creatine monohydrate 07:30
07:50	Pancakes with blueberries 520 kcal · protein 16 g · carbs 84 g · fat 14 g · fibre 5 g from Metrya
09:20	Hiking 96 min outdoor · from Apple Health
11:30	Mood Mood 10/10
12:50	Trail mix (60 g serving) 300 kcal · protein 8 g · carbs 28 g · fat 18 g · fibre 4 g from Metrya
13:10	Supplements · Midday Omega-3 fish oil 13:10
14:30	Burger with sweet potato fries 980 kcal · protein 46 g · carbs 96 g · fat 44 g · fibre 9 g from Metrya
19:45	Sushi set (12 pieces) 620 kcal · protein 30 g · carbs 88 g · fat 14 g · fibre 3 g from Metrya
20:50	Beer 2 drinks
22:40	Supplements · Evening Magnesium glycinate 22:40
23:48	Fell asleep

Sunday 20 Sep10 entries

07:57	Woke up Asleep 7 h 42 last night
08:20	Coffee 95 mg
08:30	Supplements · Morning Vitamin D3 + K2 08:30 · Creatine monohydrate 08:30
09:10	Avocado toast with two eggs 510 kcal · protein 24 g · carbs 42 g · fat 28 g · fibre 9 g from Metrya
09:40	Mood Mood 8/10

TIMELINE · 14–20 SEP 2026 (CONTINUED)

- 10:30

Walking
47 min
outdoor · from Apple Health
- 13:15

Chicken and rice bowl
640 kcal · protein 48 g · carbs 72 g · fat 14 g · fibre 6 g
from Metrya
- 13:20

Supplements · Midday
Omega-3 fish oil 13:20
- 18:00

Water
2.0 L in 5 drinks
08:20 250 ml · 10:30 500 ml · 12:00 400 ml · 15:10 350 ml · 18:00 500 ml
- 19:00

Lentil soup with bread
560 kcal · protein 28 g · carbs 78 g · fat 12 g · fibre 15 g
from Metrya
- 22:00

Supplements · Evening
Magnesium glycinate 22:00
- 00:09

Fell asleep