

※For interested people, you can send us the following information in advance

Sex: F / M				
· Pregnant (1 <sup>st</sup> / 2 <sup>nd</sup> / 3 <sup>rd</sup> Trimester)				
· Lactating (0-6month / More than 6 month)				
Height: XXXcm				
Age:				
Weight:XXX kg				
Lifestyle				
· Sedentary (*0 steps per day)				
· Somewhat active (*Up to 9,400 steps)				
· Active (*9,400 ~23,500 steps)				
· Very active (*More than 23,500)				
*Approximate lifestyle equivalents				

※For interested people, you can send us the following information in a 3 days diary of food you ate before July 7, and we will return it with

Day 1 (Thu)	Example	
Wake-up	6:00am	
Breakfast	At home	
(7:00am)	A cup of coffee	
	1 Banana	
	3 Tbs Greek Yogurt	
	1 Tsp Honey	
Snaks	At office	
(10:30am)	1 Apple	
	A cup of tea	
Lunch	At a café	
(1:00pm)	Chicken and avocado sandwich with rye bread	
	A cup of soy cappucino	
Snacks	At office	
(3:00pm)	2 pieces of dark chocolates	
Dinner	At home	
(7:00pm)	Miso soup (tofu and seaweed)	
	A bowl of brown rice	
	Teriyaki chicken	
	Salad	
Sleep	11:00pm	

<b>Day 1 (XXX)</b>		<b>Day 2 (XXX)</b>		<b>Day 3 (XXX)</b>	
Wake-up	(XX:XX am/pm)	Wake-up	(XX:XX am/pm)	Wake-up	(XX:XX am/pm)
Breakfast		Breakfast		Breakfast	
(XX:XX am/pm)		(XX:XX am/pm)		(XX:XX am/pm)	
Snaks		Snaks		Snaks	
(XX:XX am/pm)		(XX:XX am/pm)		(XX:XX am/pm)	
Lunch		Lunch		Lunch	
(XX:XX am/pm)		(XX:XX am/pm)		(XX:XX am/pm)	
Snacks		Snacks		Snacks	
(XX:XX am/pm)		(XX:XX am/pm)		(XX:XX am/pm)	
Dinner		Dinner		Dinner	
(XX:XX am/pm)		(XX:XX am/pm)		(XX:XX am/pm)	
Sleep	(XX:XX am/pm)	Sleep	(XX:XX am/pm)	Sleep	(XX:XX am/pm)