

Lumora Metabolism Report

Demo User

15.07.2026 – 28.07.2026
Generated: 28.07.2026 18:30

Selected range

Fat change
-1.36 kg

Muscle/protein
-141 g

Scale
-3.0
kg

Average intake
2003 kcal/day
completed days

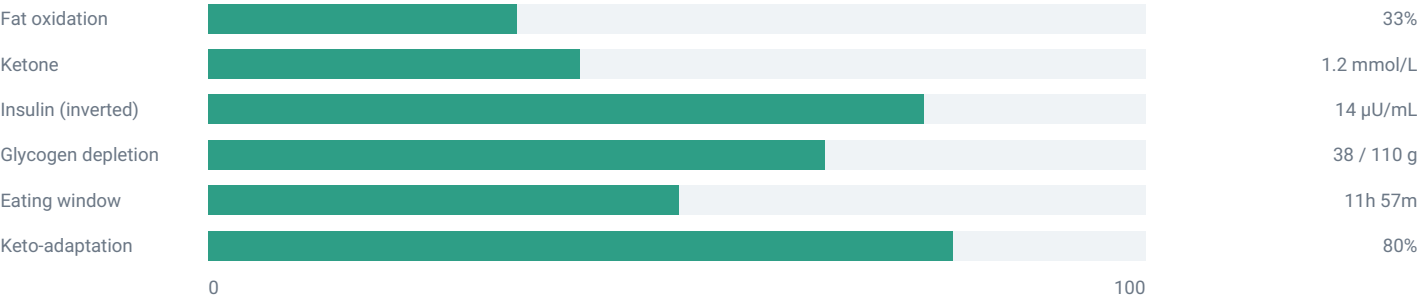
Average deficit
-673 kcal/day
completed days

Fat burn
13.8 h/day
completed days

Result

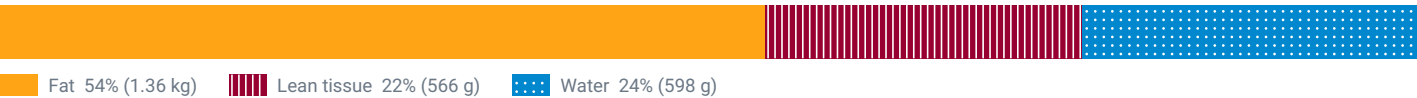
The day's metabolic profile

Six indicators, each scaled 0–100 against its own target, on one axis. The real value is printed beside every bar – the scaling is only so they can be compared; the bar lengths mean nothing relative to each other beyond that.



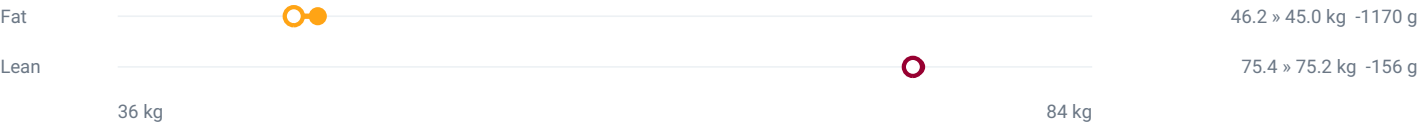
Where did the change on the scale come from?

Breakdown by source of the mass lost or gained over the period. This is what "I lost weight" actually means – water and fat are not the same thing.



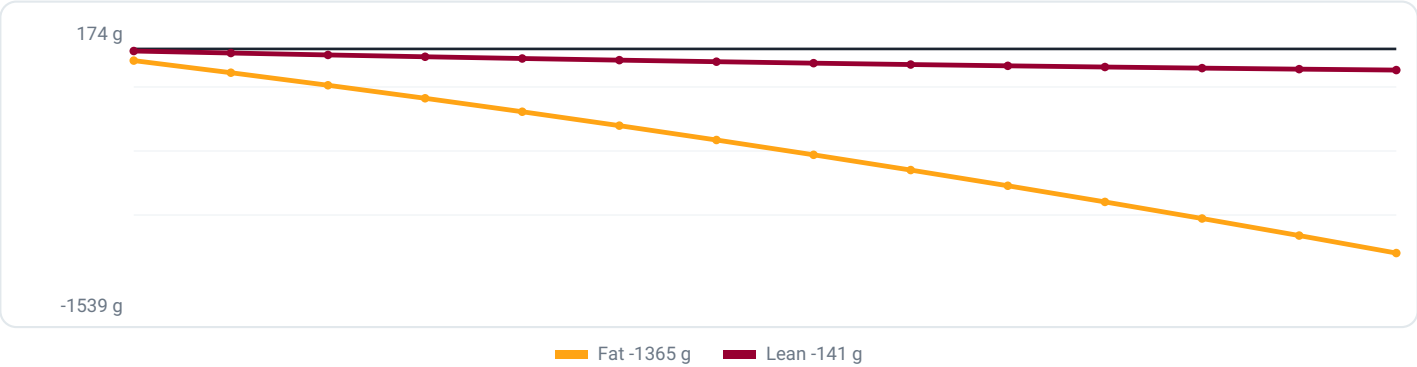
Body composition

Filled dot is the start of the period, ring is the end. The real result is here: did the drop come from fat or from lean mass?



Cumulative change

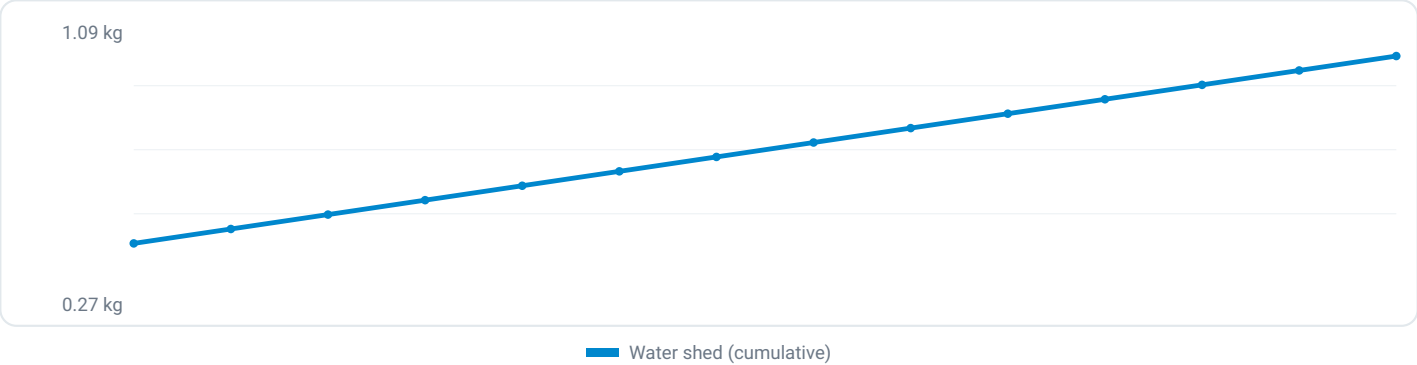
Both curves on one axis: which tissue the loss came from is directly visible.



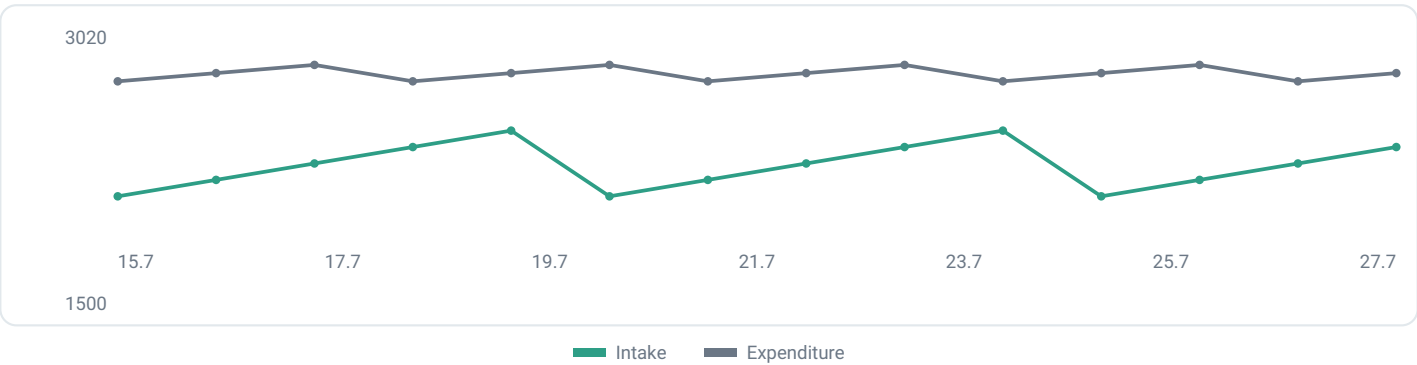
Water and energy ledger

Water balance

Most of the rapid drop on the scale in the first days is glycogen-bound water and salt loss — not fat. Once this curve flattens, the drop on the scale is real tissue.

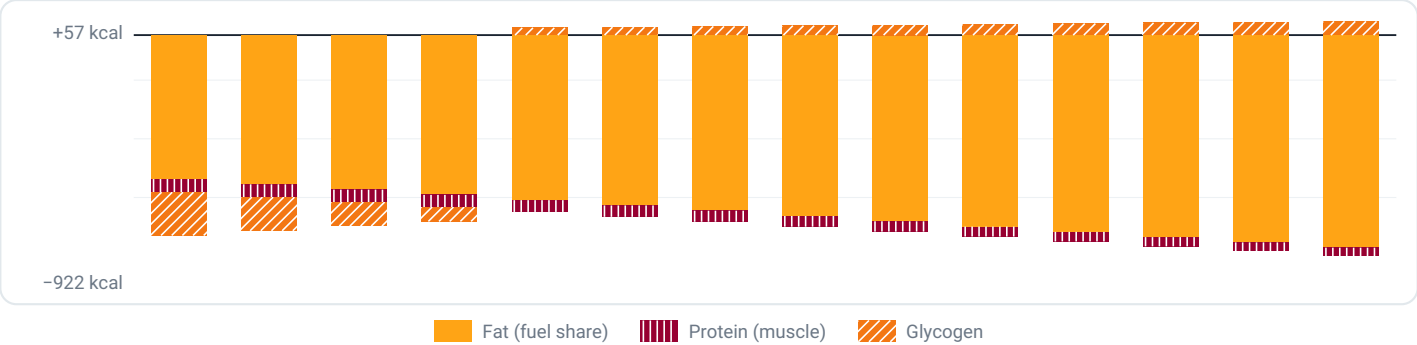


Energy balance



Where was the energy deficit covered from?

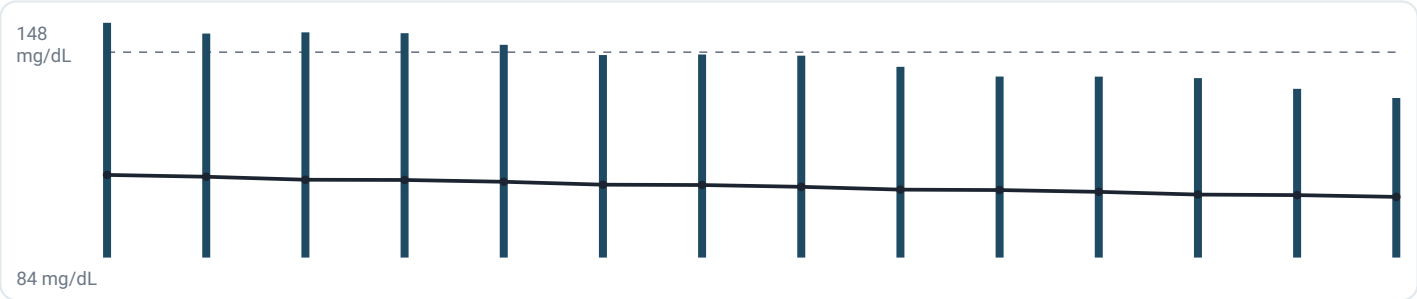
BELOW the zero line is energy spent, ABOVE it is energy stored. A deficit shifting towards protein means muscle loss; what you want is a deficit covered mainly from fat.



Blood sugar regime

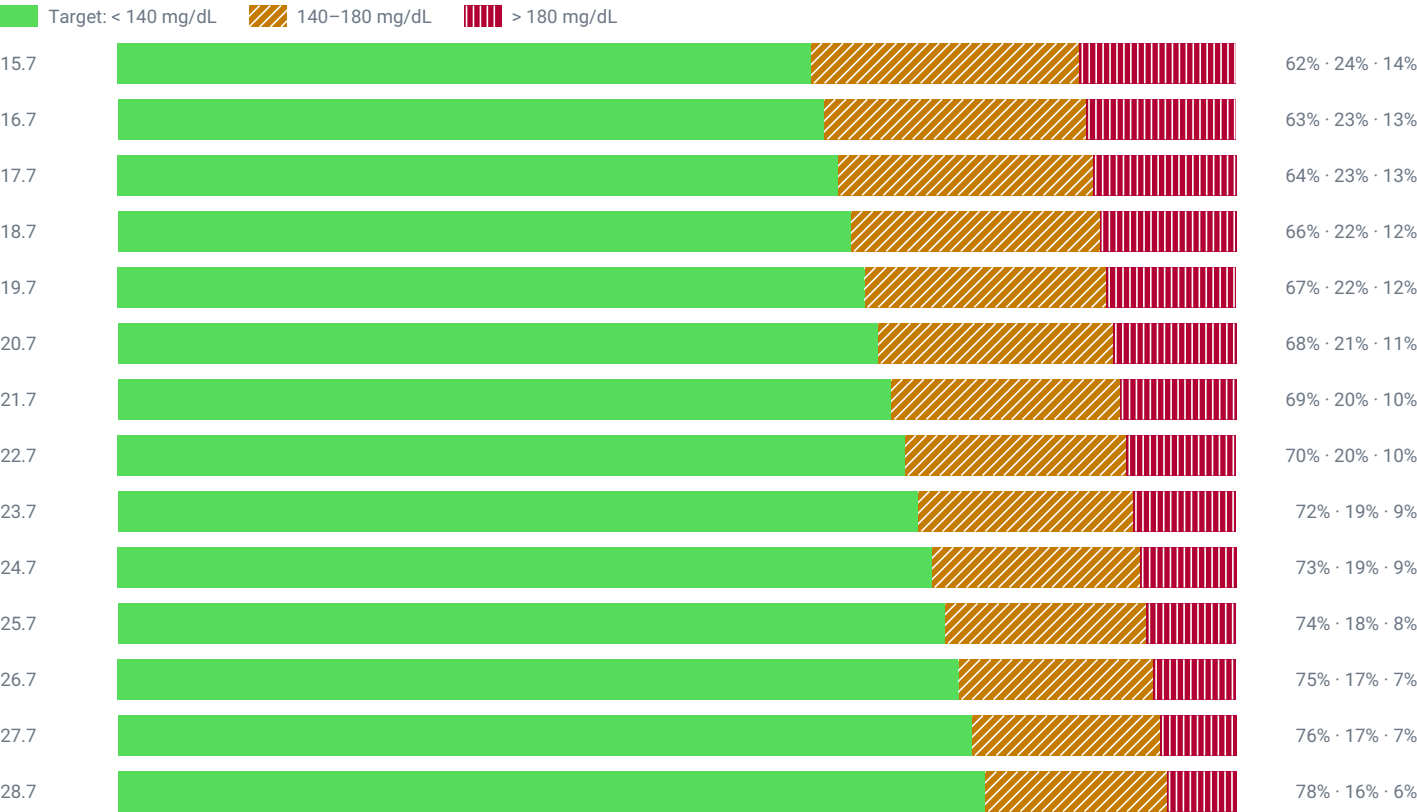
Blood sugar — daily range and average

The vertical bar is the day's lowest–highest range, the horizontal line is the average. The thin dashed line is 140 mg/dL — that is the 2-hour OGTT criterion (75 g of pure glucose after an overnight fast), not a peak limit and not a mixed-meal limit. Healthy people routinely exceed it at peak after a high-GI meal.



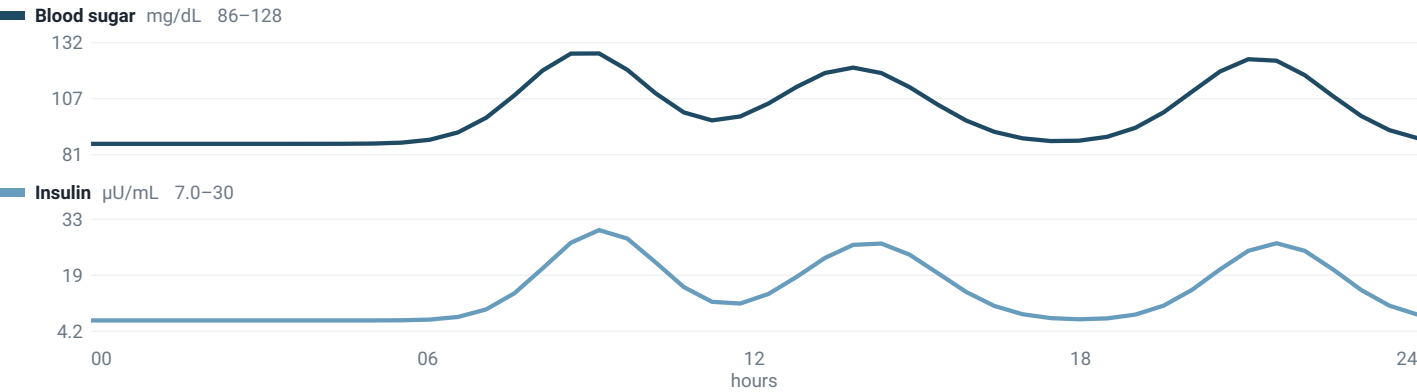
How the day was spread across bands

The same AVERAGE can come from a calm day or a very volatile one; the real question is how much of the day was spent in which band. The 140 mg/dL boundary is the OGTT 2-hour criterion, not a limit your meals must stay under. Shares of the time actually lived that day, not of a fixed 24 hours — on today they add up to the hours elapsed so far. Lows below 70 mg/dL are counted inside the target band; check the lowest value in the indicator table.



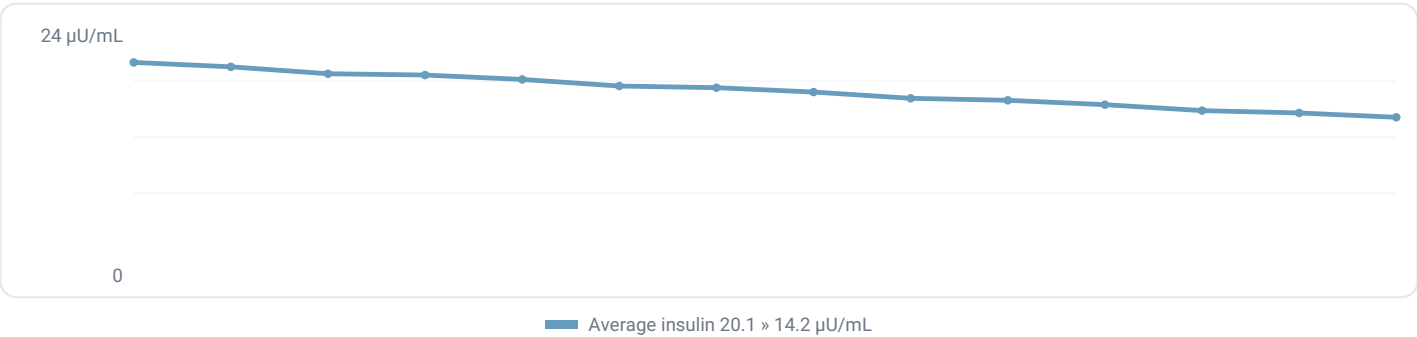
28.7 – intraday course

Each series is drawn on its own scale; the aim is to show TIMING – when the peak comes, how long it lasts, when it comes down. A peak in the first hours belongs to the previous evening's meal, not to anything eaten today.



Insulin load

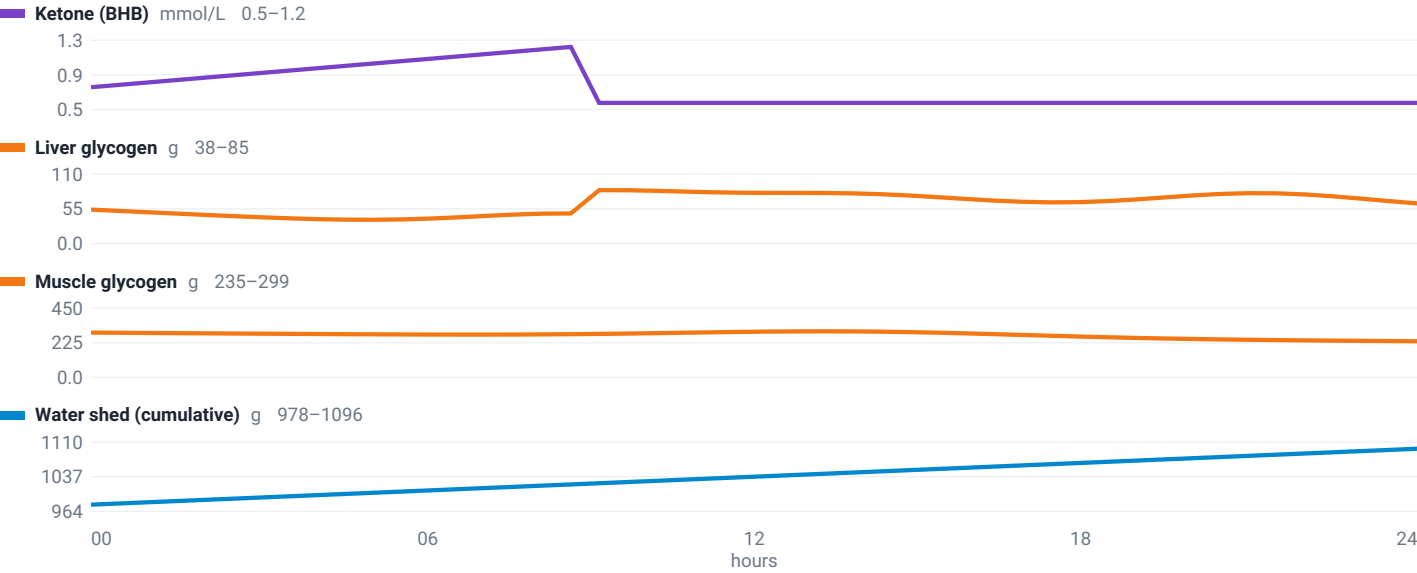
Insulin can run high while blood sugar still looks normal; the FIRST sign that resistance is improving is insulin falling, not sugar.



Stores and fuel

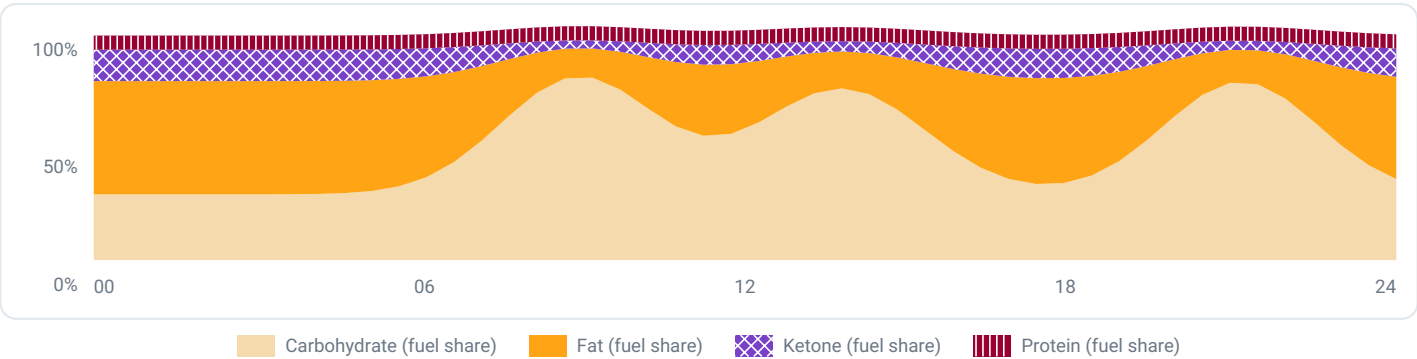
28.7 – ketone and glycogen stores

Liver glycogen feeds blood sugar and empties overnight; muscle glycogen does NOT release sugar into the blood, it is fuel only for that muscle. Ketones rise only as the liver store approaches empty.

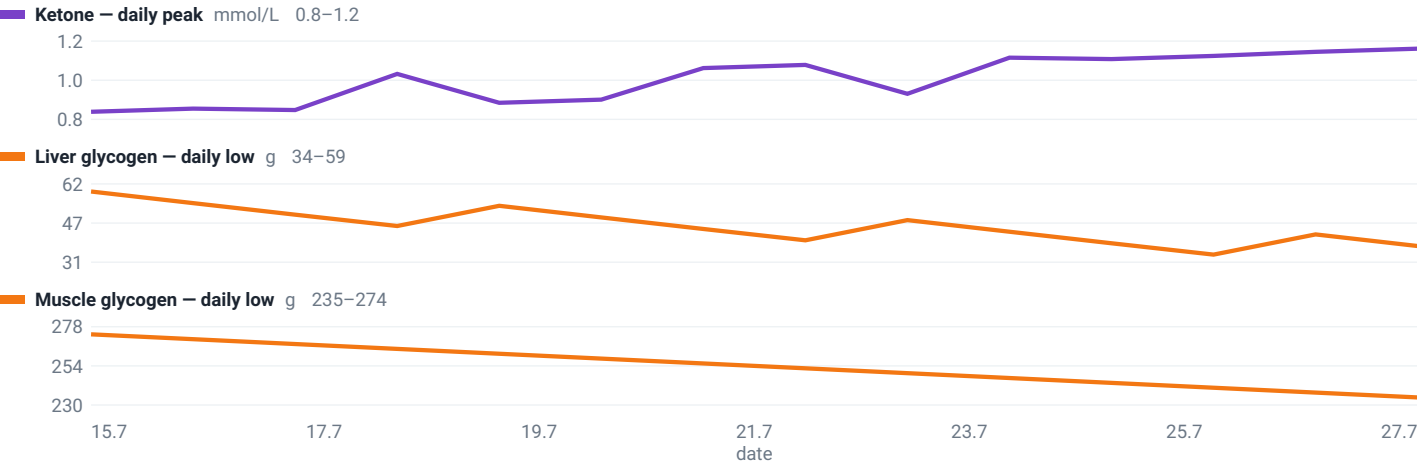


28.7 – fuel mix

Which fuel the body is burning at each moment. The shift from carbohydrate to fat and ketones shows up after meals and during fasting hours. These bands are shares of the energy being burned at that moment and add up to 100% – they are not grams eaten.

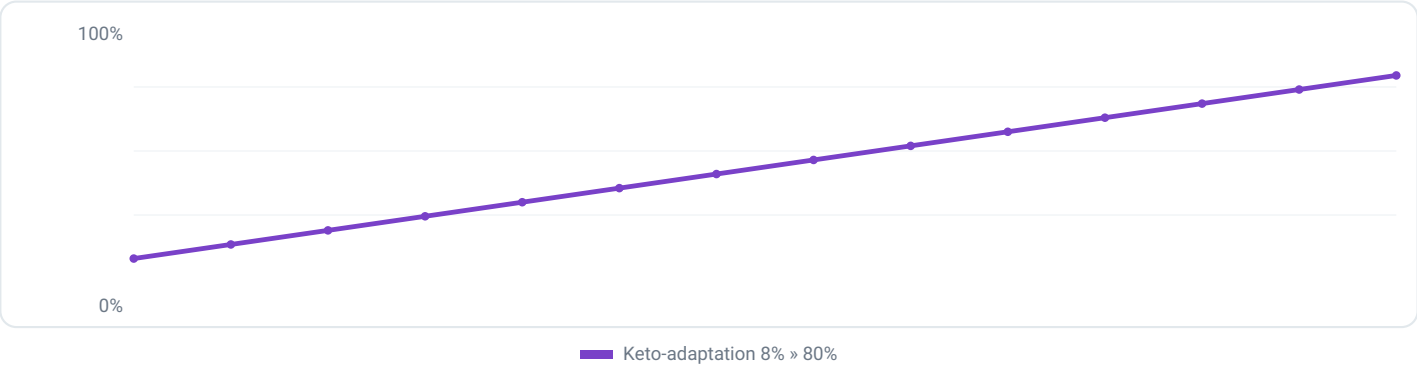


Ketones and glycogen over the period



Keto-adaptation

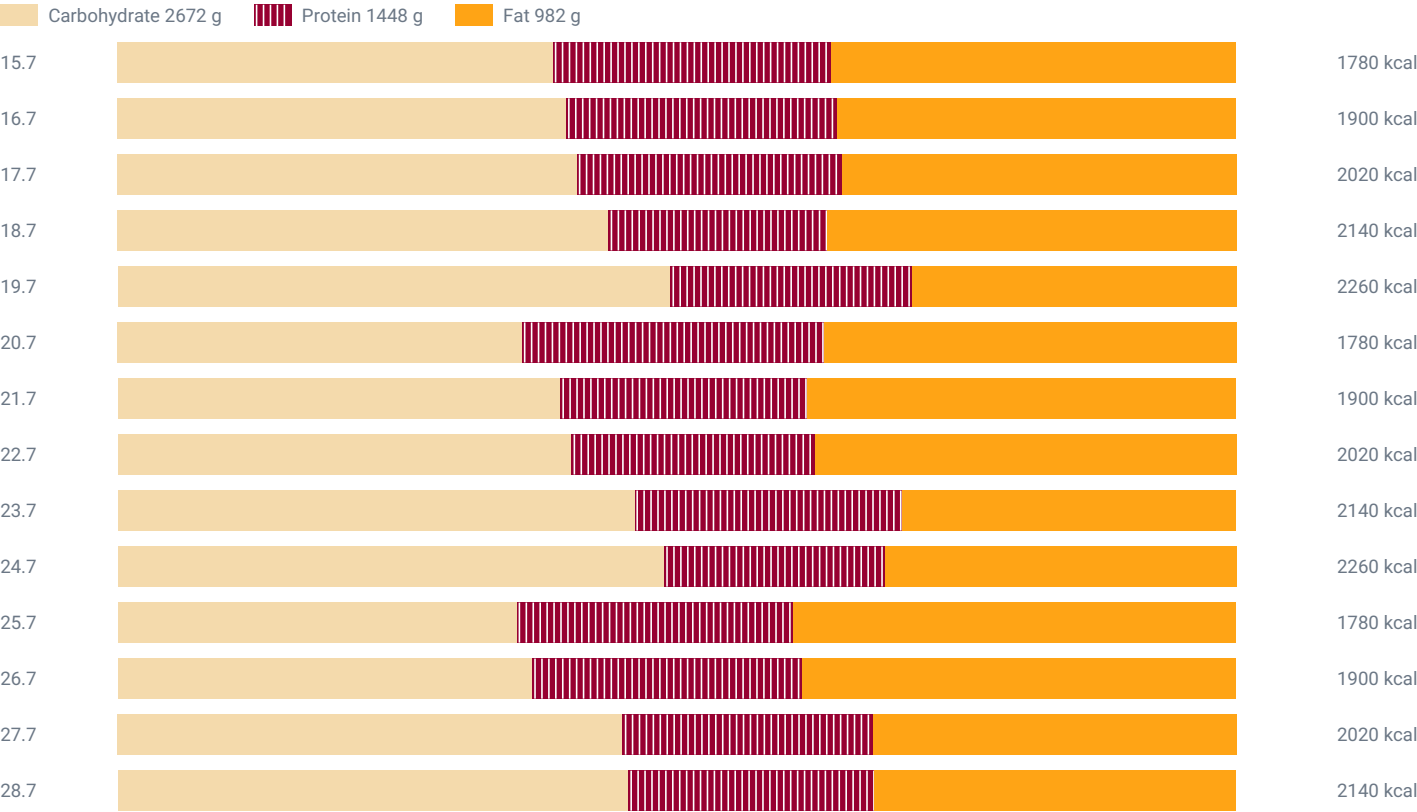
A single day means nothing; the period SLOPE is what matters — if it is rising, the body is genuinely learning to use fat as fuel.



Eating behaviour

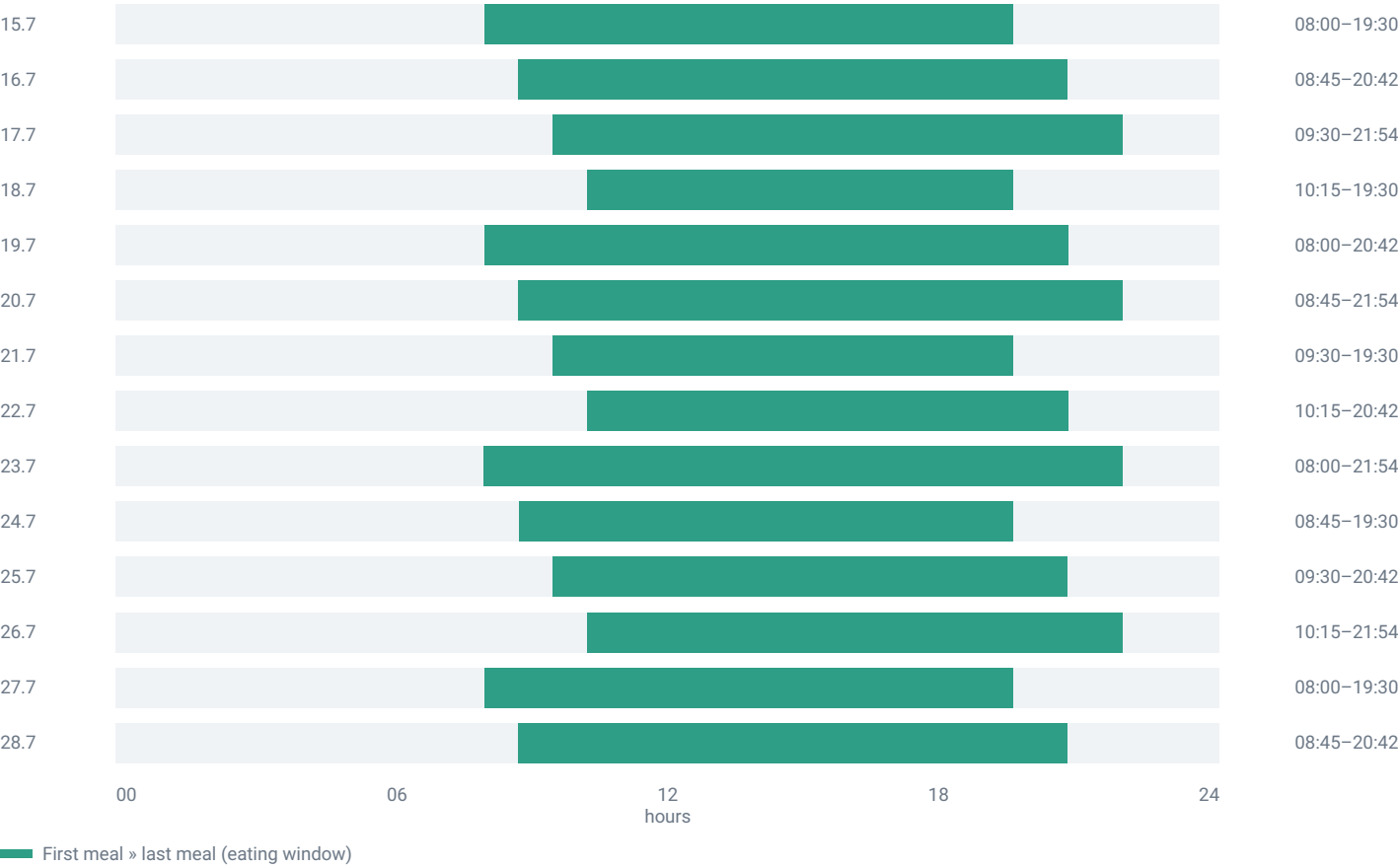
Macro distribution

The one directly actionable piece of data: what you ate on which day. Shown as share of CALORIES, not grams — 185 g of carbohydrate plus 89 g of protein plus 81 g of fat is 355 g of nothing, because a gram of fat carries 9 kcal and a gram of carbohydrate 4. The grams are in the legend, where they are actionable.



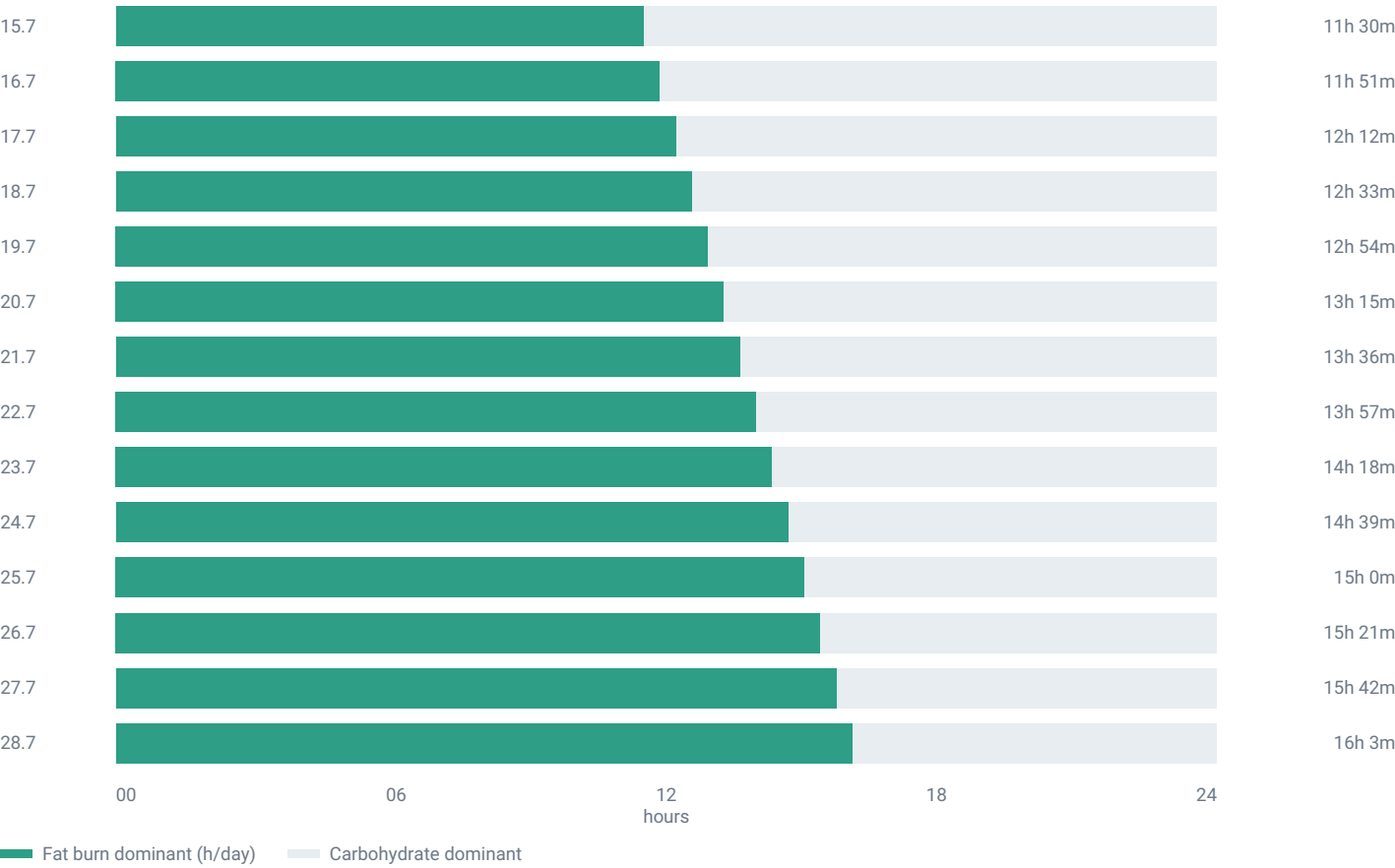
Eating window

Outside the band is the fasting period. Narrowing the window buys the time needed for liver glycogen to empty and fat burning to start — this is the easiest variable to change.



Hours dominated by fat burning

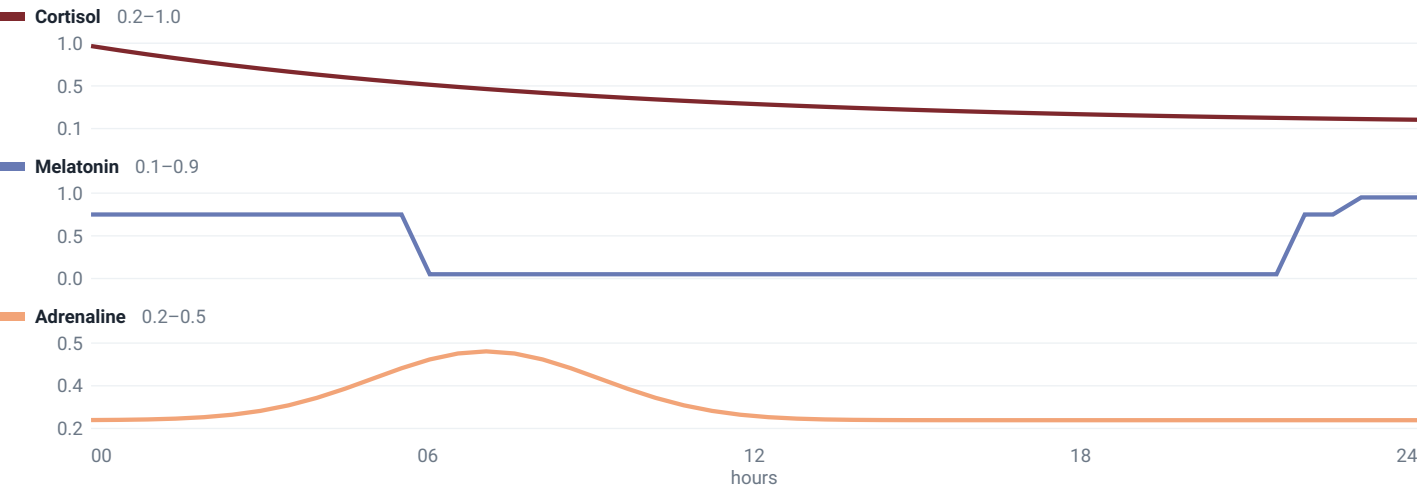
For how many hours of the day fat and ketones stayed ahead of carbohydrate. This is the daily equivalent of what the app actually promises.



Hormones

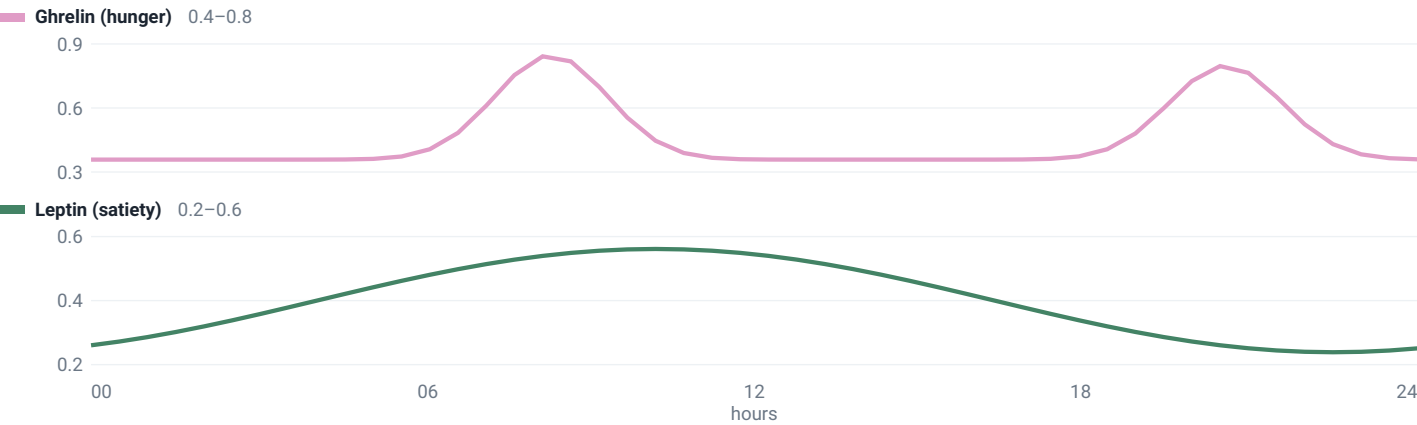
28.7 – circadian hormones

Cortisol peaks towards the morning and falls through the day; melatonin rises in the evening. The two are in opposite phase – them running together is the first sign of a disturbed sleep/rhythm.



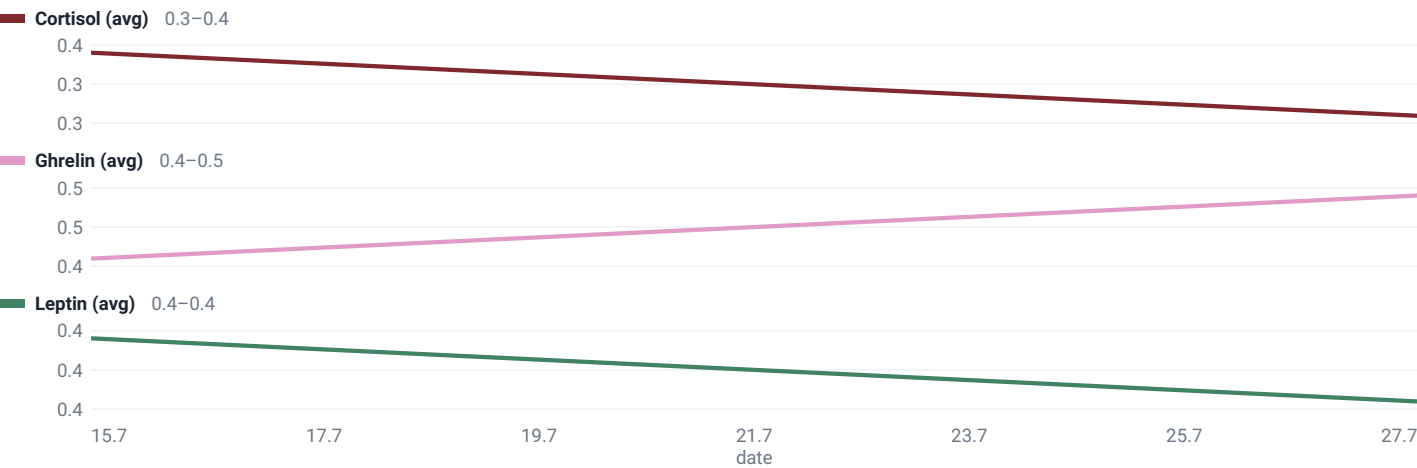
28.7 – hunger and satiety signals

Ghrelin climbs before a meal and falls after eating. Leptin is the satiety signal of the fat store and changes slowly through the day; it is expected to move opposite to ghrelin.



Hormone averages over the period

All three are on a 0–1 scale, so they are drawn on a SHARED axis; the level difference between them is real. The line patterns distinguish them independently of colour (so it still reads in black and white).



Tables

Metabolic indicators

Indicator	Lowest	Average	Highest	Unit
Blood sugar	84	103	148	mg/dL
Insulin (avg)	7	17	50	μU/mL
Ketone (BHB)	—	1.01	1.19	mmol/L
Liver glycogen — daily low	34 / 110 (31%)	46 / 110 (42%)	—	g
Muscle glycogen — daily low	235 / 450 (52%)	254 / 450 (57%)	—	g
Time under 140 mg/dL	62	70	78	%
Keto-adaptation	8	44	80	%
Eating window	9h 15m	11h 36m	—	hours

What you ate, by day

Date	Carbohydrate (g)	Protein (g)	Fat (g)	Intake (kcal)	Meals (n)	First meal	Last meal	Window
15.7	150	96	62	1780	2	08:00	19:30	11h 30m
16.7	172	104	68	1900	2	08:45	20:42	11h 57m
17.7	194	112	74	2020	2	09:30	21:54	12h 24m
18.7	216	96	80	2140	2	10:15	19:30	9h 15m
19.7	238	104	62	2260	2	08:00	20:42	12h 42m
20.7	150	112	68	1780	2	08:45	21:54	13h 9m
21.7	172	96	74	1900	2	09:30	19:30	10h 0m
22.7	194	104	80	2020	2	10:15	20:42	10h 27m
23.7	216	112	62	2140	2	08:00	21:54	13h 54m
24.7	238	96	68	2260	2	08:45	19:30	10h 45m
25.7	150	104	74	1780	2	09:30	20:42	11h 12m
26.7	172	112	80	1900	2	10:15	21:54	11h 39m
27.7	194	96	62	2020	2	08:00	19:30	11h 30m
28.7	216	104	68	2140	2	08:45	20:42	11h 57m

Grams as you entered them. Note the difference from the daily breakdown table: there, "Body fat (g)" is the change in your fat MASS; here, "Fat (g)" is the fat you ate.

Daily breakdown

Date	Intake (kcal)	Balance (kcal)	Body fat (g)	Protein, dry (g)	Total mass (g)	Water shed (g)	Sugar peak (mg/dL)	Ketone peak (mmol/L)	Fat burning	Window
15.7	1780	-840	-78	-14	-150	380	148	0.8	11h 30m	11h 30m
16.7	1900	-780	-81	-13	-154	426	145	0.8	11h 51m	11h 57m
17.7	2020	-720	-84	-13	-158	472	145	0.8	12h 12m	12h 24m
18.7	2140	-480	-87	-12	-162	518	145	1.0	12h 33m	9h 15m
19.7	2260	-420	-90	-12	-166	564	142	0.9	12h 54m	12h 42m

Date	Intake (kcal)	Balance (kcal)	Body fat (g)	Protein, dry (g)	Total mass (g)	Water shed (g)	Sugar peak (mg/dL)	Ketone peak (mmol/L)	Fat burning	Window
20.7	1780	-960	-93	-11	-170	610	139	0.9	13h 15m	13h 9m
21.7	1900	-720	-96	-10	-174	656	139	1.1	13h 36m	10h 0m
22.7	2020	-660	-99	-10	-178	702	139	1.1	13h 57m	10h 27m
23.7	2140	-600	-102	-9	-182	748	136	0.9	14h 18m	13h 54m
24.7	2260	-360	-105	-9	-186	794	133	1.1	14h 39m	10h 45m
25.7	1780	-900	-108	-8	-190	840	133	1.1	15h 0m	11h 12m
26.7	1900	-840	-111	-7	-194	886	133	1.1	15h 21m	11h 39m
27.7	2020	-600	-114	-7	-198	932	130	1.2	15h 42m	11h 30m
28.7	2140	-540	-117	-6	-202	978	128	1.2	16h 3m	11h 57m

A dash (–) means the value cannot be produced, not that it is zero.

Calibration: 4 blood sugar and 2 blood ketone measurements entered. Model confidence 71% — insulin resistance estimated from weight as 88, blended with the measurements as 63. Every value in the report becomes more personal as you add measurements.

This report is produced by the Lumora physiological simulation. The values are MODEL ESTIMATES, not laboratory measurements. Consult your physician for health decisions.