

SAMPLE REPORT. This is an example built from fictional data to show what your visit prep looks like. Unlock Premium to generate your own from your real health data.

Nishi visit prep

July 02, 2026

SNAPSHOT

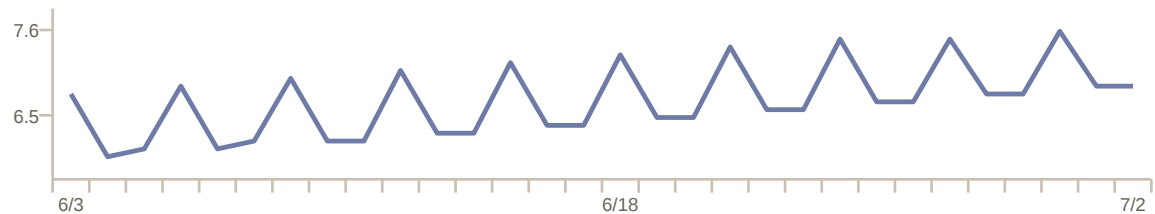
Showing facts you told Nishi directly (not inferred).

Medication	semaglutide (Wegovy), 1.0 mg weekly — week 12
Weight target	165 lb
A1C target	5.7%
Daily protein target	90 g

HEALTH TRENDS (last 30 days)

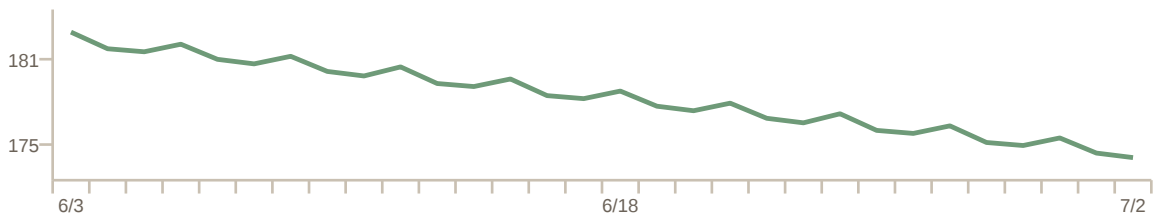
Sleep

latest 6.9 · avg 6.7 hours / night



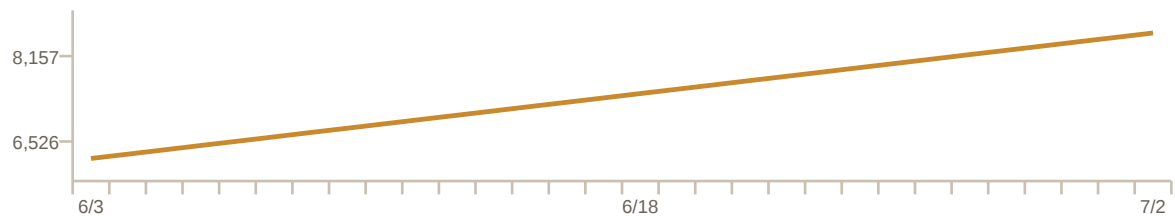
Weight

latest 174 · avg 178 lbs



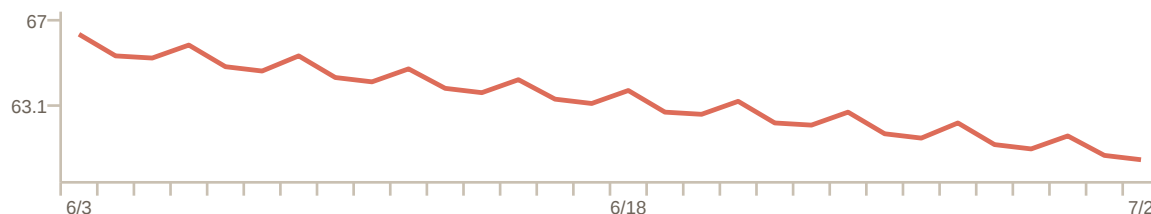
Steps

latest 8,600 · avg 7,400 per day



Resting HR

latest 60.6 · avg 63.4 bpm



SELF-REPORTED (last 30 days)

A 1–3 self-rating the patient logged — subjective context, not a measurement.

Sleep	high (2.6 / 3 avg)
Energy	high (2.4 / 3 avg)
Mood	high (2.5 / 3 avg)
Hunger	moderate (1.9 / 3 avg)

BASKET MACRO AVERAGES (last 30 days)

Computed from 2 receipts. These are per-trip averages, not per-day intake.

Calories	540 kcal / basket
Protein	31 g / basket
Carbs	48 g / basket
Fat	19 g / basket
Fiber	9 g / basket
Sodium	690 mg / basket

Purchasing trend (groceries bought, not intake): protein increasing, fiber increasing, added_sugar decreasing.

Generated by Nishi — your AI nutrition companion. This is data-driven prep, not medical advice. Discuss interpretation with your doctor.