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Diet & Wellness Plus

Diet & Wellness Plus+

Track Change

Track Diet

Track Activity

Reports 0

Primary Profile

Home / Track Activity

Search

Select a date

06/12/2021



All

Favorites

Search

My Activity

Print

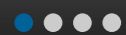
Conditioning exercise, Weight lifting (free, nautilus or universal type), light or moderate effort, light workout, general	397 kcal in 2:00		Edit	
Jog/walk combination (jogging less than 10 min straight)	66 kcal in 0:10		Edit	
Walking, Walking the dog	99 kcal in 0:30		Edit	
Walking, Walking the dog	66 kcal in 0:20		Edit	
Walking, Walking the dog	50 kcal in 0:15		Edit	

Total: 678 kcal in 3:15

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RECOMMENDED FOR YOU

Study Tools for Introductory Nutrition



- Help
- Give Feedback