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RECOMMENDED FOR YOU

Study Tools for Introductory Nutrition

- Help
- Give Feedback

Diet & Wellness Plus

Diet & Wellness Plus+

Track Change

Track Diet

Track Activity

Reports 0

Primary Profile

Search

Select a date 06/13/2021

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	i	Edit	🗑️
Jog/walk combination (jogging less than 10 min straight)	66 kcal in 0:10	i	Edit	🗑️
Walking, for pleasure, work break, walking dog	116 kcal in 0:30	i	Edit	🗑️
Walking, for pleasure, work break, walking dog	155 kcal in 0:40	i	Edit	🗑️
Walking, Walking the dog	66 kcal in 0:20	i	Edit	🗑️

Total: 800 kcal in 3:40

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- A-Z
- 6
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- bongo
- ☁️
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