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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 06/14/2021

All Favorites

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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>i</i>	Edit	
Jog/walk combination (jogging less than 10 min straight)	66 kcal in 0:10	<i>i</i>	Edit	
Walking, for pleasure, work break, walking dog	97 kcal in 0:25	<i>i</i>	Edit	
Walking, for pleasure, work break, walking dog	39 kcal in 0:10	<i>i</i>	Edit	
Walking, Walking the dog	83 kcal in 0:25	<i>i</i>	Edit	

Total: 682 kcal in 3:10

RECOMMENDED FOR YOU

Study Tools for Introductory Nutrition

Help

Give Feedback

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