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Diet & Wellness Plus

Diet & Wellness Plus+

Track Change

Track Diet

Track Activity

Reports 0

Primary Profile

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Search

Select a date

06/15/2021



All

Favorites

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My Activity

Print

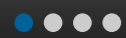
Conditioning exercise, Weight lifting (free, nautilus or universal type), light or moderate effort, light workout, general	397 kcal in 2:00		Edit	
Jog/walk combination (jogging less than 10 min straight)	66 kcal in 0:10		Edit	
Walking, for pleasure, work break, walking dog	174 kcal in 0:45		Edit	
Walking, for pleasure, work break, walking dog	58 kcal in 0:15		Edit	
Walking, Walking the dog	83 kcal in 0:25		Edit	

Total: 778 kcal in 3:35

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RECOMMENDED FOR YOU

Study Tools for Introductory Nutrition



Help

Give Feedback