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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

06/16/2021



All

Favorites

Search

My Activity

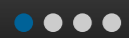
Print

Conditioning exercise, Weight lifting (free, nautilus or universal type), light or moderate effort, light workout, general	397 kcal in 2:00		Edit	
Surfing, body or board	397 kcal in 2:00		Edit	
Walking, for pleasure, work break, walking dog	97 kcal in 0:25		Edit	
Walking, for pleasure, work break, walking dog	39 kcal in 0:10		Edit	
Walking, for pleasure, work break, walking dog	39 kcal in 0:10		Edit	

Total: 969 kcal in 4:45

RECOMMENDED FOR YOU

Study Tools for Introductory Nutrition



Help

Give Feedback

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