

June 5, 2017

EXERCISES					
Calories	Minutes	Sets	Reps	Weight	
312	30				Running (jogging), 5.2 mph (11.5 min mile)
TOTALS:					
312	30	0	0	0	0

June 9, 2017

EXERCISES					
Calories	Minutes	Sets	Reps	Weight	
413	37				Running (jogging), 5.2 mph (11.5 min mile)
TOTALS:					
413	37	0	0	0	0

June 10, 2017

EXERCISES					
Calories	Minutes	Sets	Reps	Weight	
271	25				Running (jogging), 5.2 mph (11.5 min mile)
245	23				Running (jogging), 5.2 mph (11.5 min mile)
TOTALS:					
516	48	0	0	0	0

January 23, 2017

FOODS										
	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Breakfast	
Chocolate Chips, 1 tbsp.	80	10g	4g	1g	0mg	0mg	8g	1g		
Blueberries, 0.5 cup	43	11g	0g	1g	0mg	1mg	8g	2g		
Trader Joe's - Oatmeal and Quinoa, 2 package	360	72g	4g	10g	0mg	100mg	18g	6g		
Lunch										
Honey Crisp Apple - Medium Honey Crisp Apple, 1 MEDIUM	80	22g	0g	0g	0mg	0mg	17g	5g		
FRESH										
Vegetable - Kale & Sweet Potatoes, 1 cup	178	33g	12g	3g	0mg	239mg	8g	3g		
Aladdin Food - Apple Chutney, 1 oz	36	9g	0g	0g	0mg	38mg	5g	0g		
Couscous, cooked, 1 cup, cooked	176	36g	0g	6g	0mg	8mg	0g	2g		
Zucchini - Zucchini, 0.1 Packung	10	2g	0g	1g	0mg	0mg	0g	0g		
Bread - Italian, 1 oz	77	14g	1g	2g	0mg	165mg	0g	1g		
Dinner										