

Cardiovascular	Running (jogging), 6 mph (10 min mile)	226	20	0	0	0
TOTALS:		226	20	0	0	0

June 30, 2017

EXERCISES		Calories	Minutes	Sets	Reps	Weight
Cardiovascular	Running (jogging), 5.2 mph (11.5 min mile)	804	79	0	0	0
TOTALS:		804	79	0	0	0

July 1, 2017

EXERCISES		Calories	Minutes	Sets	Reps	Weight
Cardiovascular	Running (jogging), 5.2 mph (11.5 min mile)	790	80	0	0	0
TOTALS:		790	80	0	0	0

July 2, 2017

EXERCISES		Calories	Minutes	Sets	Reps	Weight
Peanut Butter, 2 tbsp		190	8g	16g	7g	0mg
Blueberries, frozen, unsweetened, 100 g		51	12g	1g	0g	0mg
Eurest - Oatmeal, 1 ladle (4 oz)		72	13g	1g	2g	0mg
TOTAL:		393	43g	22g	10g	0mg
						146mg
						19g
						8g

June 1, 2017

EXERCISES		Calories	Minutes	Sets	Reps	Weight
Cardiovascular	Running (jogging), 5.2 mph (11.5 min mile)	219	20	0	0	0
TOTALS:		219	20	0	0	0

June 2, 2017

EXERCISES		Calories	Minutes	Sets	Reps	Weight
Cardiovascular	Running (jogging), 5.2 mph (11.5 min mile)	309	32	0	0	0
TOTALS:		309	32	0	0	0

I may even love them best of all

They have a chance to become creeks.