



Navigation

JUN, 2017

S M T W T F S

1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30

MAY, 2017

S M T W T F S

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

Summary

Week Month All

JUN-01-17 to JUN-30-17

Days Stored: 27.0

Days Missed: 3.0

Days Left: 8

C. Workouts: 18.0

W. Workouts: 0.0

Workouts: 18

Workout Time: 09:40:51

Min. Distance: -

Max. Distance: -

Total Distance: -

Min. Weight: 103.90

Max. Weight: 108.00

Avg. Weight: 105.25

Journal Charts Statistics Reports

TUE, JUN 20, 2017

Exercise Nutrition Measurements Medical General Photos

Meals / Supplements:

#	Food	Type	Time	# Srvs.	Serving Size	Points/GI	Category	Calories	Fat (g)	Cholst. (mg)	Sodium (mg)	Carb
1	scrambled egg casadilla			1.0								
2	mission 100% whole wheat tortilla			1.0	1 tortilla			210.0	5.0		450.0	34.0
3	appegate turkey bacon			1.0	2 slices			70.0	3.0	50.0	400.0	
4	egg, whl, ckd, scrmbld			2.0	1 large (61.00 g)			181.78	13.396	337.94	176.9	1.964
5	tillamook cheddar cheese			1.0	1/4 cup			110.0	9.0	25.0	170.0	
6	la victoria slasa verde thick'n chunky			1.0	1/4 cup			20.0			230.0	4.0
7												
8	pasta salad & grilled chicken			1.0								
9	barilla whole grain rotini			1.0	3.92 oz.			180.0	15.0			39.0
10	lettuce, cos or romaine, raw			1.0	1 cup shredded (47.00 g)			7.99	0.141		3.76	1.546
11	roma tomato			1.0	1 medium			35.0	1.0		5.0	1.0
12	appegate turkey bacon			1.0	2 slices			70.0	3.0	50.0	400.0	
13	grilled chicken breast			1.0	4 oz (113.39 g)			171.78	1.492			
14												
15	muscle milk chocolate			1.0	1 carton			130.0	4.0	10.0	240.0	7.0
16	honey maid graham crackers			1.0	2 full crackers (31 g)			129.89	3.001		189.72	24.0
17												
18	salmon fillet, cooked (contributed)			1.0	3 oz. (70 g)			154.7	6.398	47.6		
19	broccoli, frz, chopd, ckd, bld, drnd, w/salt			1.0	1 cup (184.00 g)			51.52	0.221		478.4	9.844
20	rice, white, short-grain, ckd			1.0	1 cup (186.00 g)			241.8	0.353			53.43
21												
22	yoplait strawberry yogurt (contributed)			1.0	1 item (28 g)			99.96			84.84	19.00
23	quaker oats natural granola (oat/honey/raisin) (contributed)			1.0	.5 cup (51 g)			210.12	6.003		24.99	38.0
24												
25												
26												
27												
28												
29												
30												

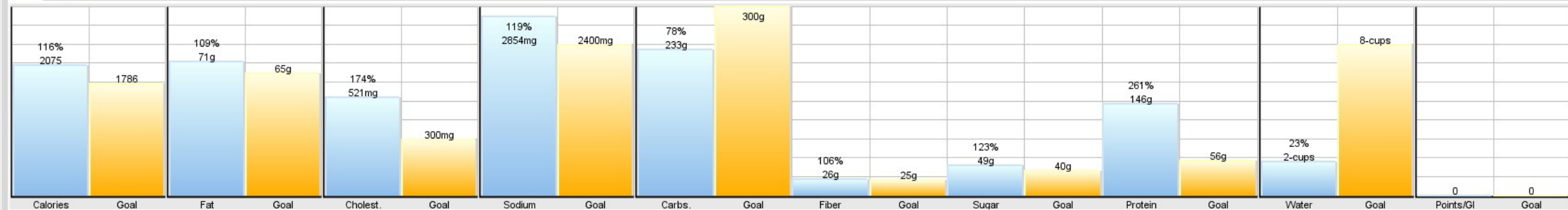
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Input Wizard...

Note: Right-click on table for more options.

Summary / Goals:

Chart Details



Search Favorites Chart



Protein 33%
Carbs. 52%
Fat 16%

Grams Cals.

Today (Summary)

Note: Use arrows to view other charts.