Register | Login

Apex Tracker

Achieve your fitness goals with our all-in-one wellness platform. Track nutrition, plan meals, and log workouts—all in one place.

Weight Over Time

Remaining Calories

775/2000

Food Log
Workouts
Meal Plans

Remaining Calories

775/2000

Wed, Feb 13, 2025

Weight Over Time

Breakfast

Add food

Food	Calories	Carbs	Fat	Protein	Sodium	Sugar
Greek Yogurt (1 container)	170 cal	8g	4g	20g	150mg	3g
Banana (1 medium)	105 cal	27g	0g	1g	2mg	14g
Black Tea (8 oz)	0 cal	0g	0g	0g	0mg	5g
Total	**275 cal**	**35g**	**4g**	**21g**	**152mg**	**22g**

Lunch

Add food

Food	Calories	Carbs	Fat	Protein	Sodium	Sugar
Turkey Sandwich (1 sandwich)	500 cal	47g	17g	39g	1000mg	2g
Total	**500 cal**	**47g**	**17g**	**39g**	**1000mg**	**2g**

Dinner

Add food

Nothing logged yet

Snacks

Add food

Nothing logged yet

Totals

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Total	775 cal	82g	21g	60g	1152mg	24g

Sign out

Food Log
Workouts
Meal Plans

Search food database

Saved meals

Food	Calories	Carbs	Fat	Protein	Sodium	Sugar
Chicken Stir-fry with White rice (1 serving)	507 cal	10.5g	14.5g	56g	1400mg	3g
Soup and sandwich meal	567 cal	10.5g	14.5g	56g	1400mg	3g

Add New Meal

Sign out

Food Log
Workouts
Meal Plans

Chobani Greek Yogurt

- Oikos Triple Zero Greek Yogurt
- Chobani Vanilla Non-Fat Greek Yogurt
- Chobani Plain Non-Fat Greek Yogurt
- Chobani Whole Milk Plain Greek Yogurt
- Chobani Vanilla Blended Nonfat Greek Yogurt
- Menu item
- Menu item
- Menu item

Oikos Tripe Zero Yogurt

Serving Size — Label — Container
Number of Servings — Label
170 Cal 4g Fat
8g Carbs 20g Protein
Full Nutrition | Add

Don't see one that fits? Add a custom entry

Sign out

Food Log
Workouts
Meal Plans

Wed, Feb 13, 2025

Cardio

Add Exercise

Workout	Duration	Calories Burned
Running	1h 30m	670 calories
Total	**1h 30m**	**670 calories**

Strength Training

Add Exercise

Workout	Sets	Reps	Weight
Incline Dumbbell Bench	3 sets	8 repetitions	90 lbs

Weight

Weight Over Time

Last logged weight
Wed, Feb 13, 2025

211.5 lbs

Goal: 200 lbs

Log New Weight

Sign out

Food Log
Workouts
Meal Plans

Saved Meal Plans

Add New Plan

Meal Type	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	• Greek yogurt • String cheese • Strawberries	Mon	Tue	Wed	Thu	Fri	Sat
Lunch	• Soup and sandwich meal						
Dinner	• Chicken Stir-fry with White rice						
Snacks	• Trail mix						

Public visibility — Copy Link — Delete

Meal Type	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	• Greek yogurt • String cheese • Strawberries	Mon	Tue	Wed	Thu	Fri	Sat
Lunch	• Soup and sandwich meal						
Dinner	• Chicken Stir-fry with White rice						
Snacks	• Trail mix						

Public visibility — Delete

Sign out

Food Log
Workouts
Meal Plans

Saved Meal Plans

Add Food

Meal Type	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	• Greek yogurt • String cheese • Strawberries	Mon	Tue	Wed	Thu	Fri	Sat
Lunch	• Soup and sandwich meal						
Dinner	• Chicken Stir-fry with White rice						
Snacks	• Trail mix						

Public visibility

Sign out

Food Log
Workouts
Meal Plans

Chobani Greek Yogurt

- Chobani Oikos Triple Zero Greek Yogurt
- Chobani Vanilla Non-Fat Greek Yogurt
- Chobani Plain Non-Fat Greek Yogurt
- Chobani Whole Milk Plain Greek Yogurt
- Chobani Vanilla Blended Nonfat Greek Yogurt
- Menu item
- Menu item
- Menu item
- Menu item

Chobani Oikos Triple Zero Yogurt

Serving Size — Label — Container
Number of Servings — Label
Meal Type — Breakfast
Assign To — Monday
170 Cal 4g Fat
8g Carbs 20g Protein
Full Nutrition | Add

Don't see one that fits? Add a custom entry

Sign out