



From: 2022-07-03



To: 2022-07-10



Show:

☐ Food Diary

☐ Food Notes

change report

☒ Exercise Diary

☒ Exercise notes

July 3, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|----------|---------|------|------|--------|
| Cardiovascular | | | | | |
| Walking | 75 | 15 | | | |
| MFP iOS calorie adjustment | 10 | 1 | | | |
| Strength Training | | | | | |
| Burpees | | | 3 | 5 | |
| Push ups | | | 3 | 5 | |
| Sit up | | | 3 | 10 | |
| TOTALS: | 85 | 16 | 9 | 20 | 0 |

July 4, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|----------|---------|------|------|--------|
| Cardiovascular | | | | | |
| Walking | 150 | 30 | | | |
| MFP iOS calorie adjustment | 0 | 1 | | | |
| TOTALS: | 150 | 31 | 0 | 0 | 0 |

July 5, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|----------|---------|------|------|--------|
| Cardiovascular | | | | | |
| Walking | 225 | 45 | | | |
| MFP iOS calorie adjustment | 0 | 1 | | | |
| TOTALS: | 225 | 46 | 0 | 0 | 0 |

July 6, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|----------|---------|------|------|--------|
| Cardiovascular | | | | | |
| MFP iOS calorie adjustment | 34 | 1 | | | |
| TOTALS: | 34 | 1 | 9 | 20 | 0 |

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|--------------------------|-----------|----------|----------|-----------|----------|
| Strength Training | | | | | |
| Sit up | | | 3 | 10 | |
| Push ups | | | 3 | 5 | |
| Burpees | | | 3 | 5 | |
| TOTALS: | 34 | 1 | 9 | 20 | 0 |

July 7, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|------------|-----------|----------|----------|----------|
| Cardiovascular | | | | | |
| Walking | 150 | 30 | | | |
| MFP iOS calorie adjustment | 0 | 1 | | | |
| TOTALS: | 150 | 31 | 0 | 0 | 0 |

July 8, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|-----------|-----------|----------|----------|----------|
| Cardiovascular | | | | | |
| Walking | 75 | 15 | | | |
| MFP iOS calorie adjustment | 0 | 1 | | | |
| TOTALS: | 75 | 16 | 0 | 0 | 0 |

July 9, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|-----------|-----------|----------|----------|----------|
| Cardiovascular | | | | | |
| Walking | 75 | 15 | | | |
| MFP iOS calorie adjustment | 0 | 1 | | | |
| TOTALS: | 75 | 16 | 0 | 0 | 0 |

July 10, 2022

| EXERCISES | Calories | Minutes | Sets | Reps | Weight |
|----------------------------|-----------|-----------|----------|----------|----------|
| Cardiovascular | | | | | |
| Walking | 75 | 15 | | | |
| MFP iOS calorie adjustment | 0 | 1 | | | |
| TOTALS: | 75 | 16 | 0 | 0 | 0 |