

- What Do I Want?


- Importance Ruler


- Self-Monitoring



- My Favorites



- Diet Challenges



- My Food Diary



- Time Machine




















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		aerobics
		yoga
		walking
		badminton
		basketball
		cycling
		bowling
		boxing
		Gym exercises
		dancing
		fencing
		field hockey
		football
		golf
		dusting or polishing furniture
		vacuuming
		shopping
		ironing
		mowing lawn
		gardening, general
		playing with children/grandchildren
		sexual activity
		ice skating
		jogging
		martial arts (e.g., judo, karate, kick boxing)
		throwing ball or frisbee
		billiards, pool, snooker
		darts
		rock or mountain climbing
		rowing
		downhill skiing
		cross country skiing
		squash
		swimming
		table tennis
		tennis
		volleyball