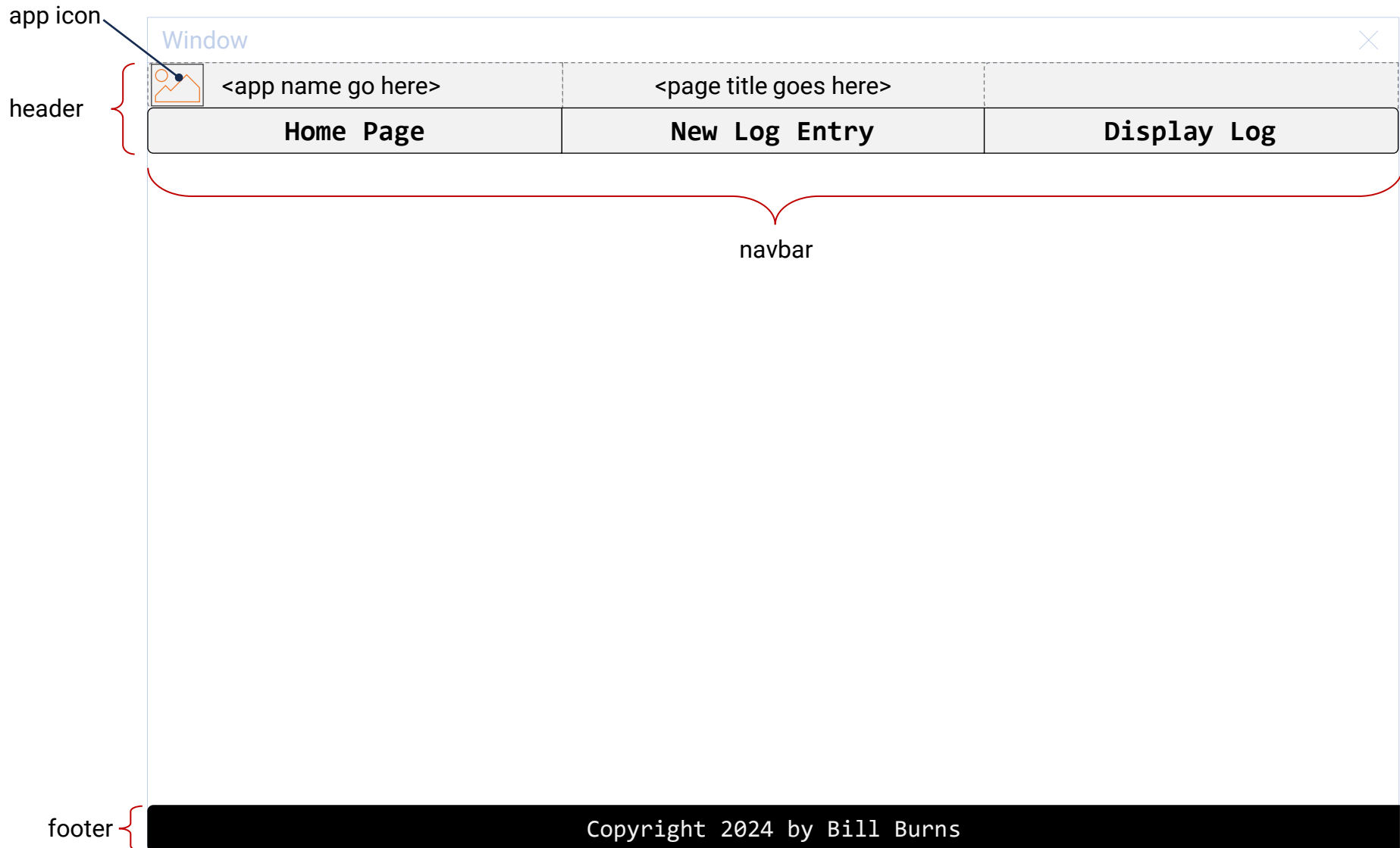



page template



data entry page



Window



My Energy Balance

Log Entry

Home Page

New Log Entry

Display Log

ENTER: LOG ENTRY DATE

February 2024

Mo	Tu	We	Th	Fr	Sa	Su
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Enter: Physical Activity Level (PAL)

Select Today's PAL ^

Sedentary with no exercise
Sedentary with little exercise
Moderately Active
Vigorously Active
Extremely Active

Enter: Calories from Protein

-

0

+

Enter: Calories from Carbohydrates

-

0

+

Enter: Calories from Fat

-

0

+

Enter: Gender

Select an Option ^

Woman
Man
Transgender
Non-binary/non-conforming
Prefer not to respond

Enter: Age (yrs)

-

0

+

Enter: Height (in)

-

0

+

Enter: Weight (lbs)

-

0

+

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home page



DEV 209

Window



<app name go here>

<page title goes here>

Home Page

New Log Entry

Display Log

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