

Journal-Create a Food

1 Remove all shares on right

2 Same functionality and use the SAME nutrient order as SBD.

Create a Food

Our extensive database has more than 75,000 foods. Please first search for your item on the Food & Fitness Journal. Still can't find what you're looking for? Create a custom food below, entering the details from your food's nutrition label. Then, you can search and add this food whenever you want!

1. Tell us the Basics

Food Name *

Food Group *

Restaurant or Food Brand

2. Enter the Nutrition Facts

Serving Size *

Amount Per Serving

Calories *

Calories from Fat

Total Fat

Saturated Fat g

Trans Fat g

Cholesterol mg

Sodium mg

Total Carbohydrates g

Dietary Fiber g

Sugars g

Protein g

Vitamin A %

Vitamin C %

Calcium %

Iron %

3. Add to Journal

☒ Yes! Please log this food now.

Select Meal

When?

How Much? serving(s)

☐ No. I'll log this later.

Cancel

Journal-Create an Exercise

1

Remove all shares on right

1

Create an Exercise

We have an extensive exercise database. Please try to add your activity from the Food & Fitness Journal. Still can't find what you're looking for? Try a similar exercise (eg, aerobics, high-intensity vs. zumba). Or, create a custom exercise below. Then, you will be able to search and add this exercise at any time.

1. Tell us the Basics

Exercise Name Required

Current Weight 186 lbs

How Long? Required Minutes

Do you know how many calories you burned?

☐ Yes ☐ No

2. Add to Journal

☒ Yes! Please log this exercise now.

When? Today

☐ No. I'll log this later.