

Welcome Back Maggie

“My quote is going here”

Today is Thursday, May 16

It’s been 12 days since your last visit – You’ve got some work to do!

Your Feed | Get Moving!

My Activity

Current Activities

Challenge: Find a healthy habit

I did this!

Challenge: Find a healthy habit

I did this!

Challenge: Find a healthy habit

I did this!

(see more)

Completed Activities

Completed: You found a healthy substitute for smoking!

Completed: You found a healthy substitute for smoking!

(see more)

My Tasks

3

Your Overall Progress:

Food Journal

Weight Tracker

(if on that plan)

otherwise default to fitness tip of the day

Your Digest | Read on!

This feed has been customized just for you based on the information you’ve provided. You can adjust the content in your settings.

I read this!

Recipe of the Day | Dig In!

Besides giving this salad a nutty crunch, walnuts are a rich source of omega-3 fatty acids, as well as vitamins, minerals, protein and antioxidants. For an added flavor dimension, crumble some Gorgonzola cheese over each salad.

See the Full Recipe