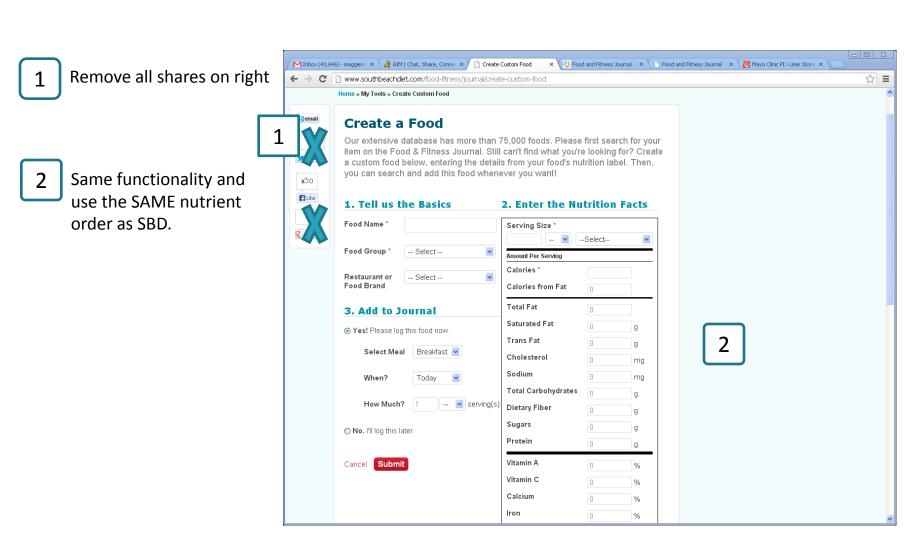
## Journal-Create a Food



## Journal-Create an Exercise

Remove all shares on right M Inbox (43,644) - maggient × 🔏 AIM | Chat, Share, Connet × 🖰 Create Custom Exercise × 🔆 Track Your Calorie Counter × 🕆 🖺 Welcome to JillianMichaels. × 💘 Mayo Clinic PI > User Storie × ☆ = ← → C www.southbeachdiet.com/food-fitness/journal/create-custom-exercise Home » My Tools » Create Custom Exercise **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 Q +1 Current Weight 186 lbs How Long? Required Minutes Do you know how many calories you burned? oYes o No 2. Add to Journal Yes! Please log this exercise now.

When?

Cancel Submit

O No. I'll log this later.

Today