

Welcome back, Zach

Kick off the new year by starting a resolution to improve your health. Use your journal tool to log your foods and exercises.



Count On It

[Learn More »](#)

Live Well. Earn Points. Get Rewarded.

1880

0

1000

2000

3000



REFRESH POINTS

My Programs

Your programs have been customized based on your health interests. Change or add programs [here](#).

Weight Loss

[See full plan »](#)[Dashboard](#)[Update Food and Fitness Journal »](#)

985

Calories remaining

415

Consumed

0

Burned

To-Do's

Count On It - Log your food and fitness to earn points! [Learn More](#)

Try It - Substitute water for sugary drinks. Sometimes you think your hungry when you're actually thirsty.



Done

Read It - Read this article. [Healthy meals on hectic days](#)

Done

Do It - Follow your customized meal plan. [Take me to my Meal Planner](#)

Done

Inside the Plan



Healthy meals on hectic days



10 tips for dining out



7 sources of dietary energy



Remove healthy eating roadblocks

Welcome back, Zach

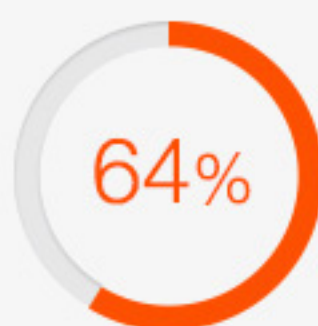
Kick off the new year by starting a resolution to improve your health. Use your journal tool to log your foods and exercises.

▶  **Count On It**
Learn More »

Live Well. Earn Points. Get Rewarded.




REFRESH POINTS



Health Assessment

Please take some time to finish the assessment —your first step toward a healthier you.

[Finish my assessment](#)

 1000 points

My Programs

Your programs have been customized based on your health interests. Change or add programs [here](#).



Weight Loss

[See full plan »](#)

[Dashboard](#) | [Update Food and Fitness Journal »](#)

985

Calories remaining

415

Consumed

0

Burned

To-Do's



Count On It - Log your food and fitness to earn points! [Learn More](#)



Try It - Substitute water for sugary drinks. Sometimes you think your hungry when you're actually thirsty.

☐

Done



Read It - Read this article. [Healthy meals on hectic days](#)

☐

Done



Do It - Follow your customized meal plan. [Take me to my Meal Planner](#)

☐

Done

Inside the Plan



Healthy meals on hectic days



10 tips for dining out



7 sources of dietary energy



Remove healthy eating roadblocks

Welcome back, Zach

Kick off the new year by starting a resolution to improve your health. Use your journal tool to log your foods and exercises.



Count On It

Learn More »

Live Well. Earn Points. Get Rewarded.





REFRESH POINTS

How to Play

Earn points anywhere you see the trophy icon by completing simple healthy tasks and activities.


[see all activities »](#)

Two Ways to Win

Get rewarded by hitting your points goal OR often just by participating!

[see prizes »](#)

Refresh Points

If you have earned points that aren't reflected in your total, simply click the blue  to update your standing.

[see example »](#)

My Programs | Your programs have been customized based on your health interests. Change or add programs [here](#).



Weight Loss

[See full plan »](#)

Dashboard | [Update Food and Fitness Journal »](#)

985

Calories remaining

415

Consumed

0

Burned

To-Do's



Count On It - Log your food and fitness to earn points! [Learn More](#)



Try It - Substitute water for sugary drinks. Sometimes you think your hungry when you're actually thirsty.

☐

Done



Read It - Read this article. [Healthy meals on hectic days](#)

☐

Done



Do It - Follow your customized meal plan. [Take me to my Meal Planner](#)

☐

Done

Inside the Plan



Healthy meals on hectic days



10 tips for dining out



7 sources of dietary energy



Remove healthy eating roadblocks

Special announcement: July 1 is the last day to sign up for the Step It Up! Challenge. E-mail HR today.



Count On It

Live Well. Earn Points. Get Rewarded.



REFRESH POINTS

Rewards » How it Works

Count On It
Live Well. Earn Points.
Get Rewarded.

Hit your points goal and win prizes. It's that easy!

How to Play

Earn points anywhere you see the trophy icon by completing simple healthy tasks and activities.

Two Ways to Win

Get rewarded by hitting your points goal OR often just by participating!

Refresh Points

If you have earned points that aren't reflected in your total, simply click the blue to update your standing.

Rack up points with these activities!

activity type:

ALL

ONLINE ACTIVITIES

OFFLINE ACTIVITIES

Take the Health Assessment

Completing your Health Assessment is an important step toward better health. Learn about what you are doing well and areas where you can improve.

Go »

1,000 points

Done ☐

Keep a Food Journal

Daily record keeping lets you know exactly what you're eating and allows you to identify problem patterns in your eating behavior. We recommend keeping a food log for 6 weeks to lead to more "mindful" eating.

Go »

25 points/day

Breast Cancer 3 Day Event in New York

Support the fight against breast cancer and help end the disease forever. Fundraise and walk with us to help make this breast cancer's last century!

Go »

500 points

Done ☐

Get Your Annual Physical

As a part of living well it's important to meet with your doctor once a year to discuss your overall health and wellness.

Go »

250 points

Done ☐

Show More

Earn Points and Win Big

1000 POINT GOAL

Earned!

Earn 1000 points across the site and win a \$250 gift card!

Offer expires November 2, 2013

2000 POINT GOAL

Hit your 2000 point goal and win an iPad!

Offer expires November 2, 2013

3000 POINT GOAL

Hit your 3000 point goal and get a bonus vacation day!

Offer expires November 2, 2013

Recent Points Earned

9/21/2013

25 points

9/20/2013

500 points

9/19/2013

500 points

9/19/2013

500 points

Show More

Special announcement: July 1 is the last day to sign up for the Step It Up! Challenge. E-mail HR today.



Count On It

Learn More »

Live Well. Earn Points. Get Rewarded.



REFRESH POINTS

Programs » Eat Well Weight Loss

● ENROLLED




Lose It!
Weight-Loss Plan

Weight-Loss Tools



Journal



Fitness Planner



Weight Tracker



Are you ready for weight loss?

Take this quiz to determine if you are ready to start your weight loss journey.



Eating strategies for weight loss

Instead of telling yourself, "No more ice cream at night" or "I'm going to stop eating out of the candy dish at work," consider trying these healthy-eating strategies.



What is food energy density

How full you feel is determined by the volume and weight of food — not by the number of calories you consume.

AMCE Anvil Corporation Announcements

Challenge yourself to better health! Join our Spring Challenge.

Sign up now for spring activities: softball, soccer, and more!

Download our Wellness app today! Get healthy meal plans, exercise routines, trackers, and healthy living tips.

[See all announcements »](#)



Count On It

Complete your **Lose It** program activities AND earn points!

Take the Health Assessment

Go »



1000 points

Keep a Food Journal

Go »



25 points/day

Keep an Activity Journal

Go »



25 points/day

Record Your Weight

Go »



100 points/week

Track your Measurements

Go »



100 points/month



Count On It

Learn More »

Live Well. Earn Points. Get Rewarded.






REFRESH POINTS

Home » My Tools » Food and Fitness Journal

Food and Fitness Journal

◀ Wednesday, Apr 24 ▶ 

1,827

Calories Remaining

328

Consumed

0

Burned

 50 points/day





Hardcoded text will go here depending on tool

Calories: 328	Target: 2155
Fat: 8g	Target: 96g
Sat. Fat: 1g	Target: 24g
Cholesterol: 32mg	Target: 300mg

⚙ Change Your Calorie Range

Sodium: 679mg	Target: 2300mg
Carbs: 24g	Target: 162g
Fiber: 4g	Target: 30g
Protein: 70g	Target: 162g

Hide All Nutrition Details

Breakfast				Favt	Sat Fat	Chol	Sod	Crb	Fib	Pro	Calories
Tomato and Leek Frittata  											
1 servings	Edit	Copy	Delete	3	0	8	130	9	0	40	123
Add +	Quick Log +										
Lunch											
Homestyle Turkey Meatloaf with Mushrooms and White Beans  											
1 servings	Edit	Copy	Delete	5	1	24	549	15	4	30	205
Add +	Quick Log +										
Snack											
Add +	Quick Log +										
Dinner											
Add +	Quick Log +										
Exercise											
Add +	Quick Log +										

My Trackers

Water

Vitamins

-

4

+

Daily Recap


Success comes from each small step. List one accomplishment and one goal everyday.




Save

Eating Guidelines


Use these Mayo Clinic food and serving recommendations to help you eat balanced, healthy diet every day.




Vegetables – 4 or more servings




Fruits – 3 or more servings




Carbohydrates – 4 servings



Protein/Dairy – 3 servings




Fats – 3 servings




Sweets – Up to 75 calories

Special announcement: July 1 is the last day to sign up for the Step It Up! Challenge. E-mail HR today.



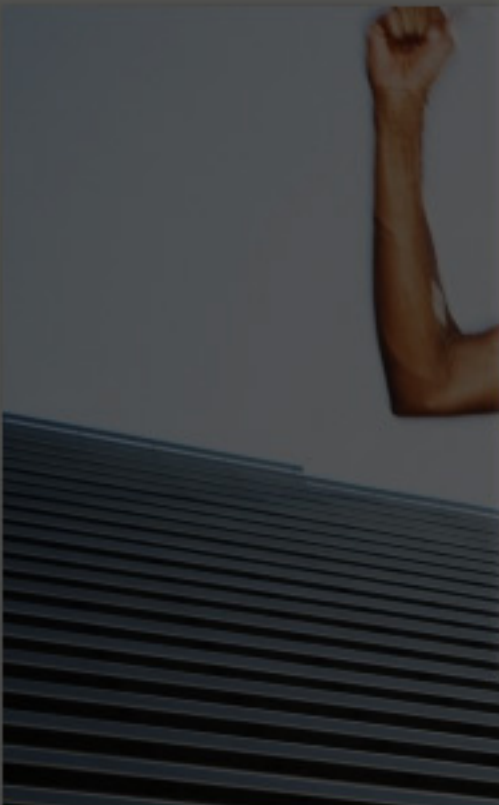
Congratulations — You did it!



Great job hitting your goal. You unlocked a \$250 giftcard! An email is coming your way with details on how to claim your prize. Keep up the good work!

Back to the site »


Programs » Eat Well Weight Loss




Weight-Loss Tools



Journal



Fitness Planner



Weight Tracker



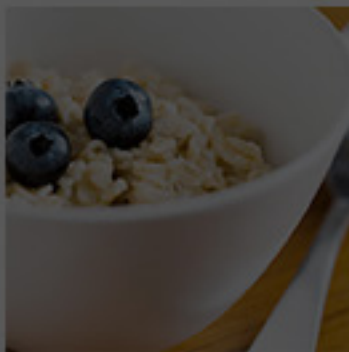
Are you ready for weight loss?

Take this quiz to determine if you are ready to start your weight loss journey.



Eating strategies for weight loss

Instead of telling yourself, "No more ice cream at night" or "I'm going to stop eating out of the candy dish at work," consider trying these healthy-eating strategies.



What is food energy density

How full you feel is determined by the volume and weight of food — not by the number of calories you consume.



Count On It

Complete your **Lose It** program activities AND earn points!

Take the Health Assessment

Go »



1000 points

Keep a Food Journal

Go »



25 points/day

Keep an Activity Journal

Go »



25 points/day

Record Your Weight

Go »



100 points/week

Track your Measurements

Go »



100 points/month

[See all announcements »](#)