

Exercise Calendar

←

January 2024

→

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Calendar: clicking on a date will take you to the exercise window for the date clicked on; identical layout to log meals calendar

Log Exercise

1st January 2024

Exercise300

ADD

Running200

🗑

1h 30min

Swimming100

🗑

45m

BACK

Exercises logged for 1st January

Log Exercise

2nd January 2024

Exercise0

ADD

BACK

Exercises logged for 2nd January (currently none)

Exercise Chooser

Search

🔍

100

⬆

⬆

hours

100

⬆

⬆

minutes

Cancel

OK

Pop up window to select a food (search in exercise and it will come up), and can add the time duration in hours and minutes

The MET of an activity can calculate the calories burned (each exercise has its own MET value e.g. running is 8 and swimming is 7)

Calories Burned =  $\frac{3.5 \text{ (MET for activity)} \times 70 \text{ (Weight in kg)} \times 0.5 \text{ (Duration in hours)}}{200}$