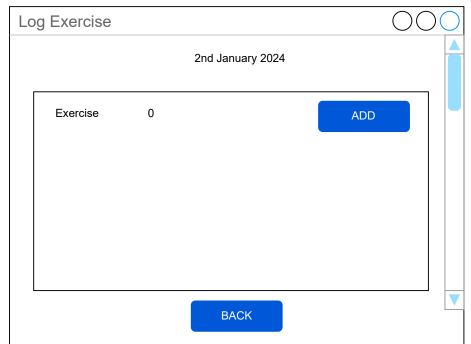


Calendar: clicking on a date will take you to the exercise window for the date clicked on; identical layout to log meals calaendar





Exercises logged for 1st January

Exercises logged for 2nd January (currently none)

Exercise Chooser	
Search	P
100 hours	100 minutes
Cancel	ОК

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 = 3.5 (MET for activity)×70 (Weight in kg)×0.5 (Duration in hours)