


Printable Diary for Coreypearce

From: 

Show: Food Diary

Food Notes

[change report](#)

To: 

Exercise Diary

Exercise notes

February 16, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Jamieson - Calcium Magnesium Vitamin D, 2 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Jamieson Natural Sources - B12 , 2 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Gnc - Vitamin D-3 1000, 2 Tablet	0	0g	0g	0g	0mg	0mg	--g	0g
Maple Leaf - Chicken Wings, 6 wings	500	14g	34g	36g	150mg	1,080mg	2g	0g
Dinner								
Subway Flatbread - Flatbread, 2 bread	440	76g	9g	14g	0mg	680mg	4g	4g
TOTAL:	940	90g	43g	50g	150mg	1,760mg	6g	4g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Gym, total body	380	20			
Walking	372	44			
Under Armour calorie adjustment	82	1			
TOTALS:	834	65	0	0	0