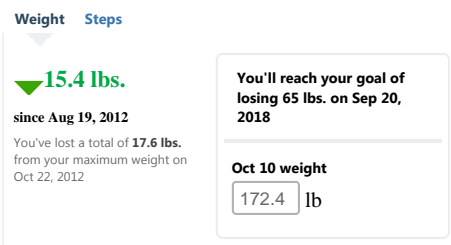
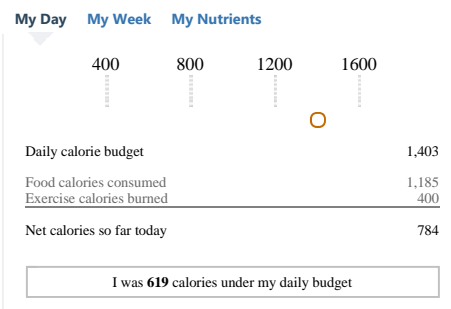




Tuesday Oct 10, 2017

| Budget | Food | Exercise | Net | Under |
|--|--|-------------------------------|-----|-------|
| 1,403 | 1,185 | -400 | 785 | 618 |
| Breakfast: 144 search & add food | | | | |
| | Nuts, Almonds, Whole | 20 Each | | 138 |
| | Coffee, Brewed | 20 Fluid ounces | | 6 |
| | Water | 20 Fluid ounces | | 0 |
| Lunch: 316 search & add food | | | | |
| | Soup, Light, New England Clam Chowder | 2 Cups | | 200 |
| | Apple, Large | 1 Each | | 116 |
| Dinner: 491 search & add food | | | | |
| | Taco Tuesday | 3 Servings | | 491 |
| Snacks: 234 search & add food | | | | |
| | Centrum Adult | 1 Serving | | 0 |
| | String Cheese | 1 Serving | | 70 |
| | Water | 8 Fluid ounces | | 0 |
| | Gum, Sugar Free, Mentos, Pure Fresh Mint, MF | 4 Pieces | | 16 |
| | Hersey chocolate filled creme puffs | 4 Pieces | | 148 |
| Exercise: 400 search & add exercise | | | | |
| | Elliptical | Light 30 Min | | 246 |
| | Running | 4 mph (15 min mile) 15 Min | | 103 |
| | Walking | 3 mph 15 Min | | 51 |
| Notes | | | | |
| No notes logged for today | | | | |



- Activities Friends Challenges Groups**
- Write a comment
- [Marc Ashworth](#) spent 25 minutes running with RunKeeper. 276 calories burned. 4 days ago [Comment](#)
 - [Marc Ashworth](#) last logged food or exercise 4 days ago. 4 days ago [Comment](#)
 - [Marc Ashworth](#) spent 28 minutes running with RunKeeper. 260 calories burned. 6 days ago [Comment](#)
 - [Marc Ashworth](#) spent 26 minutes running with RunKeeper. 249 calories burned. Oct 16, 2017 [Comment](#)
 - I set a new weekly weight loss plan. Oct 14, 2017 [Comment](#) [Delete](#)
- [Show More](#)