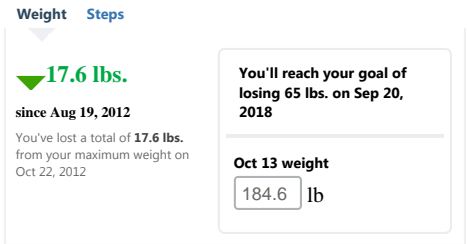
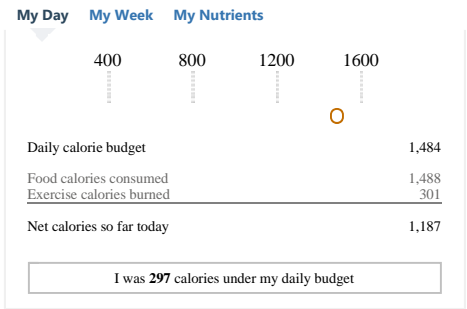




Friday Oct 13, 2017 ▾

Budget	Food	Exercise	Net	Under
1,484	1,488	-301	1,187	297
Breakfast: 101 search & add food				
	Coffee, Brewed	20 Fluid ounces	6	
	Apple, Medium	1 Each	95	
Lunch: 329 search & add food				
	Grilled Chicken Breast Strips	2 1/2 Ounces	83	
	Flatbread	1 1/4 Servings	125	
	Lettuce, Iceberg, Shredded	1/4 Cup	1	
	Baby Swiss cheese	1 Serving	120	
	Mustard, Yellow, Classic	2 Teaspoons	0	
Dinner: 487 search & add food				
	Buffalo Chicken Strips	6 Ounces	340	
	Broccoli	2 Cups	61	
	Cheese, Parmesan, Grated	1/4 Cup	86	
Snacks: 571 search & add food				
	Nuts, Almonds, Whole	10 Each	69	
	Water	81 Fluid ounces	0	
	Nuts, Almonds, Whole	20 Each	138	
	Gum, Sugar Free, Mentos, Pure Fresh Mint, MF	2 Pieces	8	
	Coffee, Brewed	20 Fluid ounces	6	
	Creamer, Original	2 1/2 Tablespoons	50	
	Whole Wheat Mini Bagel	1 Serving	110	
	Peanut Butter, Extra Crunchy	2 Tablespoons	190	
Exercise: 301 search & add exercise				
	Elliptical	Light 25 Min	220	
	Walking	3 mph 10 Min	37	
	Weight Lifting	Light/moderate 15 Min	44	
Notes				
Yep- gotta do it				
Today I saw Jeremy at the gym. I do feel it is time to deal with my aches and pains and sooooo many extra pounds.				



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 - [Marc Ashworth](#) last logged food or exercise 4 days ago. 4 days ago [Comment](#)
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 - [Marc Ashworth](#) spent 26 minutes running with RunKeeper. 249 calories burned. Oct 16, 2017 [Comment](#)
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He said, "A body is made in the kitchen, not the gym." Remember that one.

Also, someone said sunflower seeds for the mini meal.

I want to get to the point I can run/jog without things hurting--- that is my goal. Well, that and to feel like my body is my own and not some alien thing. I want to be done with this.

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