

ActivTrax

Food Journal

January 2011						
S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

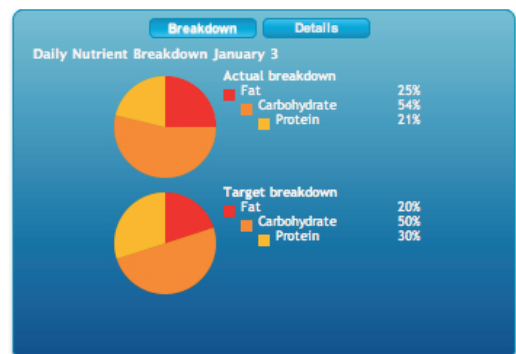
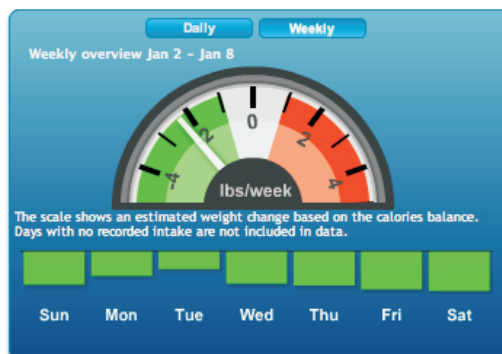
Go To Today

January 3, 2011

Water Tracker



Try to drink 8 glasses
(of 8oz) per day.



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Nutrition Journal for Michelle

Monday, January 3 < Previous Day Next Day > Print this day

Detailed entry Quick entry

Breakfast		Cal	Fat	Carbs	Prot
★	☒ coffee 1.0 serving of 2 cups	59	5.8g	1.1g	1.5g
★	☒ Special K protein plus 1.0 serving of 3/4 cup	100	3.0g	14.0g	10.0g
Total for breakfast:		159	8.8g	15.1g	11.5g

Add by Search Food Create Food Favorites Recent breakfasts

Lunch		Cal	Fat	Carbs	Prot
★	☒ McDonald's Chipotle BBQ Snack Wrap (Grilled) 1.0 serving of 4.4 oz	260	9.0g	28.0g	18.0g
★	☒ Apples, raw, with skin 1.0 serving of 1 cup, quartered or chopped	65	0.2g	17.3g	0.3g