

Printable Diary for Lifesabeach365

From: August 12 2013

Show: Food Diary Food Notes[change](#)

To: August 18 2013

 Exercise Diary Exercise notes

August 12, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Fruit - Banana - Medium 7 - 8" (115g), 1 Banana	105	27g	1g	1g	0mg	1mg	14g	3g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Nutrilite - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Nutrilite - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Capilano - Natural Australian Honey, 30 g	101	25g	0g	0g	0mg	5mg	23g	0g
Lunch								
Chips - Hot, 2 bucket (150g)	900	78g	42g	12g	0mg	1,380mg	3g	12g
Generic - White Fish Grilled - Basa, 220 g raw	154	0g	3g	35g	0mg	110mg	0g	0g
Xs Energy - Chocolate Protein Blast, 375 ml	216	18g	3g	24g	0mg	225mg	16g	6g
Nestle Kit Kat - Minis (Fun Pack), 2 fingers (12g)	107	14g	5g	2g	3mg	15mg	11g	0g
Oceanhouse - Prawn Cutlets, 4 prawns	320	31g	13g	8g	0mg	330mg	1g	0g
Dinner								
Mission - Wholemeal Wrap, 1 wrap (71g)	226	33g	7g	6g	0mg	682mg	4g	3g
Generic - Kraft Singles Cheese Slice, 1 slice	60	2g	4g	3g	10mg	320mg	2g	0g
Woolworths Dorsogna - Triple Smoked Ham, 40 grams	36	0g	1g	7g	0mg	460mg	0g	0g
Lettuce - Iceberg (includes crisphead types), raw, 1 leaf outer	5	1g	0g	0g	0mg	4mg	1g	0g
Avocado - Medium 5 oz - Avocado - Haas, 30 g - 1 oz (medium)	50	3g	5g	0g	0mg	0mg	0g	2g
Woolworths Home Brand - Light Tasty Grated Cheese, 25 gms	84	0g	6g	8g	0mg	183mg	0g	0g
Generic - Carrot, 100 g	41	10g	0g	1g	0mg	69mg	1g	3g
Snacks								
Pears - Raw, 1 pear, medium (approx 2-1/2 per lb)	96	26g	0g	1g	0mg	2mg	16g	5g
Woolworths - Double Choc Chip Mini Muffins, 1 mini muffin (45g)	169	21g	8g	2g	0mg	172mg	11g	1g
Milo - With Hot Water and Low Fat Milk, 1 cup	161	16g	3g	5g	0mg	45mg	12g	2g
TOTAL:	3,234	377g	102g	128g	16mg	4,272mg	139g	45g

EXERCISES

Calories Minutes Sets Reps Weight

EXERCISE	Calories	minutes	sets	reps	weight
Cardiovascular					
Bicycling, 16-19 kph, light (cycling, biking, bike riding)	78	10			
Strength Training					
Triceps Push Down			3	15	20
Pec Dec Butterfly (Pectoral Fly)			3	15	8
Abdominal Crunches			2	20	
Bench Press, Barbell			3	15	45
TOTALS:	78	10	11	65	73

August 13, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Capilano - Natural Australian Honey, 30 g	101	25g	0g	0g	0mg	5mg	23g	0g
Nutrilite - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Nutrilite - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Fruit - Banana - Medium 7 - 8" (115g), 1 Banana	105	27g	1g	1g	0mg	1mg	14g	3g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Lunch								
Hass - Avocado, Raw, 0.5 Quarter of an Avocado	28	2g	3g	0g	0mg	1mg	0g	1g
D'orsogna - Thinly Cut Triple Smoked Leg Ham, 50 g	54	1g	1g	9g	0mg	408mg	1g	0g
Woolworths Homebrand - Tasty Cheddar Cheese, 25 g	99	0g	8g	6g	0mg	171mg	0g	0g
Fuel Factor (Chocolate) - Whey Protein Shake, 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
Kraft - Singles American Cheese Sandwich Slices, 1 slice	38	2g	2g	3g	15mg	230mg	1g	0g
Mission - Wholemeal Wrap, 1 wrap (71g)	226	33g	7g	6g	0mg	682mg	4g	3g
Lettuce - Iceberg (includes crisphead types), raw, 2 leaf outer	11	2g	0g	1g	0mg	8mg	1g	1g
Woolworths - Double Choc Chip Mini Muffins, 1 mini muffin (45g)	169	21g	8g	2g	0mg	172mg	11g	1g
Dinner								
Watties (Nz) - Wok Creations Stir-Fry Vietnamese, 200 g	60	5g	1g	6g	0mg	12mg	4g	5g
Generic - Carrot, 50 g	21	5g	0g	0g	0mg	35mg	1g	1g
Vegetable - Capsicum, Red, 25 g	6	1g	0g	0g	0mg	1mg	1g	0g
Raw Fresh - Snow Peas (Aus), 50 g	18	2g	0g	1g	0mg	1mg	1g	1g
Tesco - Rump Steak, 150 g	263	0g	15g	31g	0mg	0mg	0g	0g
Mission - Indian Naan Bread - Garlic and Herb, 1 piece - 70g	216	32g	7g	6g	0mg	567mg	4g	2g
Dairy Farmers - Vanilla Pouring Custard, 100 g	85	14g	2g	0g	0mg	52mg	11g	0g
Homemade - Apple Crumble With Toasted Oat Topping, 0.146125 of recipe	166	0g	5g	0g	4mg	3mg	4g	4g
Bundaberg - Sarsaparilla, 375 ml	189	47g	0g	0g	0mg	45mg	47g	0g

Snacks								
Cottee's - Strawberry Jam, 15 g	41	10g	0g	0g	0mg	5mg	9g	0g
Tip Top - Raisin Toast, 1 slices	97	18g	1g	3g	0mg	112mg	6g	1g
Xs -Quixtar - Energy Drink - Cola Blast, 8.4 oz.	8	0g	0g	2g	0mg	15mg	0g	0g
Pears - Raw, 1 pear, medium (approx 2-1/2 per lb)	96	26g	0g	1g	0mg	2mg	16g	5g
Milo - With Hot Water and Low Fat Milk, 1 cup	161	16g	3g	5g	0mg	45mg	12g	2g
TOTAL:	2,782	364g	67g	119g	22mg	2,888mg	197g	38g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 26-32 kph, very fast (cycling, biking, bike riding)	575	50			
Walking, 12.5 mins per km, mod. pace, walking dog	258	60			
TOTALS:	833	110	0	0	0

August 14, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Fruit - Banana - Medium 7 - 8" (115g), 1 Banana	105	27g	1g	1g	0mg	1mg	14g	3g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Nutrilite - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Nutrilite - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Capilano - Natural Australian Honey, 30 g	101	25g	0g	0g	0mg	5mg	23g	0g
Lunch								
Woolworths - Traditional Soy & Linseed Bread, 2 Slice	210	30g	3g	6g	0mg	172mg	1g	2g
Lettuce - Iceberg (includes crisphead types), raw, 2 leaf outer	11	2g	0g	1g	0mg	8mg	1g	1g
Kraft - Singles American Cheese Sandwich Slices, 1 slice	38	2g	2g	3g	15mg	230mg	1g	0g
D'orsogna - Thinly Cut Triple Smoked Leg Ham, 50 g	54	1g	1g	9g	0mg	408mg	1g	0g
Hass - Avocado, Raw, 0.5 Quarter of an Avocado	28	2g	3g	0g	0mg	1mg	0g	1g
Carrots - Raw, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Dinner								
Woolworths Homebrand - Basmati Rice, 100 g cooked	138	28g	1g	4g	0mg	0mg	0g	0g
Continental - Classics Creamy Chicken Curry Recipe Base, 30 g	130	5g	1g	0g	0mg	510mg	0g	0g
White - Potato, 100 g	69	17g	0g	2g	0mg	0mg	1g	2g
Chicken - Breast, meat only, cooked, roasted, 100 g	165	0g	4g	31g	85mg	74mg	0g	0g
Woolworths - Double Choc Chip Mini Muffins, 1 mini muffin (45g)	169	21g	8g	2g	0mg	172mg	11g	1g
Amway - Fuel Factor Whey Protein (Chocolate Max), 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
Snacks								

Fuel Factor - Choc Mint Protein Bar , 40 g	155	6g	4g	11g	0mg	70mg	2g	1g
Granny Smith - Apple, 154 grams (1 Medium)	80	22g	0g	0g	0mg	0mg	17g	5g
TOTAL:	2,029	275g	31g	107g	103mg	2,054mg	104g	28g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 26-32 kph, very fast (cycling, biking, bike riding)	1,149	102			
TOTALS:	1,149	102	0	0	0

August 15, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Capilano - Natural Australian Honey, 15 g	51	13g	0g	0g	0mg	2mg	12g	0g
Nutrilite - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Nutrilite - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Fruit - Banana - Medium 7 - 8" (115g), 1 Banana	105	27g	1g	1g	0mg	1mg	14g	3g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Lunch								
John West - Mango Chilli Tuna Tempters, 95 g	123	7g	5g	13g	0mg	475mg	5g	0g
Chang's - Original Fried Noodles, 20 g	100	11g	5g	2g	0mg	145mg	0g	0g
Praise - Balsamic Salad Dressing, 20 ml	40	2g	4g	0g	0mg	170mg	2g	0g
Carrots - Raw, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Lettuce - Iceberg (includes crisphead types), raw, 4 leaf outer	22	5g	0g	1g	0mg	16mg	3g	2g
Hass - Avocado, Raw, 0.5 Quarter of an Avocado	28	2g	3g	0g	0mg	1mg	0g	1g
Woolworths Homebrand - Tasty Cheddar Cheese, 25 g	99	0g	8g	6g	0mg	171mg	0g	0g
Fuel Factor (Chocolate) - Whey Protein Shake, 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
Woolworths - Double Choc Chip Mini Muffins, 1 mini muffin (45g)	169	21g	8g	2g	0mg	172mg	11g	1g
Dinner								
Chicken - Breast, meat only, cooked, roasted, 100 g	165	0g	4g	31g	85mg	74mg	0g	0g
White - Potato, 100 g	69	17g	0g	2g	0mg	0mg	1g	2g
Continental - Classics Creamy Chicken Curry Recipe Base, 30 g	130	5g	1g	0g	0mg	510mg	0g	0g
Woolworths Homebrand - Basmati Rice, 100 g cooked	138	28g	1g	4g	0mg	0mg	0g	0g
Generic - Carrot, 50 g	21	5g	0g	0g	0mg	35mg	1g	1g
Heinz - Peas & Supersweet Corn - Frozen, 37.5 g	30	4g	0g	2g	0mg	1mg	2g	2g
Snacks								
Granny Smith - Apple, 154 grams (1 Medium)	80	22g	0g	0g	0mg	0mg	17g	5g

Xs -Quixtar - Energy Drink - Cola Blast, 8.4 oz.	8	0g	0g	2g	0mg	15mg	0g	0g
Berri - Lemon Juice Squeeze, 10 ml	4	1g	0g	0g	0mg	2mg	0g	0g
Capilano - Natural Australian Honey, 15 g	51	13g	0g	0g	0mg	2mg	12g	0g
Madura - Green Tea, 220 ml	0	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	2,009	270g	43g	103g	88mg	2,195mg	112g	29g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 26-32 kph, very fast (cycling, biking, bike riding)	606	52			
Walking, 12.5 mins per km, mod. pace, walking dog	258	60			
TOTALS:	864	112	0	0	0

August 16, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Nutrilite - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Nutrilite - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Capilano - Natural Australian Honey, 15 g	51	13g	0g	0g	0mg	2mg	12g	0g
Lunch								
Woolworths - Double Choc Chip Mini Muffins, 1 mini muffin (45g)	169	21g	8g	2g	0mg	172mg	11g	1g
Fuel Factor (Chocolate) - Whey Protein Shake, 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
D'orsogna - Thinly Cut Triple Smoked Leg Ham, 50 g	54	1g	1g	9g	0mg	408mg	1g	0g
Hass - Avocado, Raw, 0.5 Quarter of an Avocado	28	2g	3g	0g	0mg	1mg	0g	1g
Kraft - Singles American Cheese Sandwich Slices, 1 slice	38	2g	2g	3g	15mg	230mg	1g	0g
Mission - Wholemeal Wrap, 1 wrap (71g)	226	33g	7g	6g	0mg	682mg	4g	3g
Lettuce - Iceberg (includes crisphead types), raw, 1 leaf outer	5	1g	0g	0g	0mg	4mg	1g	0g
Organic Tomato - Roma Tomato - Raw - Medium, 2 Slices	15	3g	0g	1g	0mg	3mg	2g	1g
Carrots - Raw, 0.25 cup, grated	11	3g	0g	0g	0mg	19mg	1g	1g
Dinner								
Mooloo Mountain - Milk , 0.8 cup/250ml	126	10g	7g	6g	0mg	92mg	10g	0g
Continental - Chicken Curry Pasta and Sauce (Dry), 23 g	86	17g	1g	3g	0mg	280mg	1g	0g
Chicken - Breast, meat and skin, cooked, roasted, 0.63 breast, bone removed	241	0g	10g	37g	103mg	87mg	0g	0g
Ski D'Lite Yoghurt - Peach & Mango , 200 g - 1 tub	178	30g	2g	10g	0mg	108mg	28g	0g
Snacks								
Pears - Raw, 1 pear, medium (approx 2-1/2 per lb)	96	26g	0g	1g	0mg	2mg	16g	5g
TOTAL:	4,848	237g	44g	144g	121mg	2,405mg	144g	20g

TOTAL:	1,040	237g	44g	114g	121mg	2,403mg	114g	20g
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EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 12.5 mins per km, mod. pace, walking dog	129	30			
TOTALS:	129	30	0	0	0

August 17, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Xs - Energy Drink - Tropical Blast, 1 can (8.4oz)	8	0g	0g	2g	0mg	15mg	0g	0g
Capilano - Natural Australian Honey, 15 g	51	13g	0g	0g	0mg	2mg	12g	0g
Nutriline - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Nutriline - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Fruit - Banana - Medium 7 - 8" (115g), 1 Banana	105	27g	1g	1g	0mg	1mg	14g	3g
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Lunch								
Carrots - Raw, 1 medium	25	6g	0g	1g	0mg	42mg	3g	2g
Organic Tomato - Roma Tomato - Raw - Medium, 2 Slices	15	3g	0g	1g	0mg	3mg	2g	1g
Kraft - Singles American Cheese Sandwich Slices, 1 slice	38	2g	2g	3g	15mg	230mg	1g	0g
Hass - Avocado, Raw, 0.5 Quarter of an Avocado	28	2g	3g	0g	0mg	1mg	0g	1g
Fuel Factor (Chocolate) - Whey Protein Shake, 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
Praise - Balsamic Salad Dressing, 20 ml	40	2g	4g	0g	0mg	170mg	2g	0g
John West - Mango Chilli Tuna Tempters, 95 g	123	7g	5g	13g	0mg	475mg	5g	0g
Lettuce - Iceberg (includes crisphead types), raw, 2 leaf outer	11	2g	0g	1g	0mg	8mg	1g	1g
Fruit - Apple - Granny Smith Medium (154g), 1 Apple (154 grams)	80	22g	0g	0g	0mg	0mg	17g	5g
Dinner								
Continental - Chicken Rice, 360 g	504	101g	6g	10g	0mg	1,060mg	5g	0g
Chicken - Breast, meat and skin, cooked, roasted, 0.63 breast, bone removed	241	0g	10g	37g	103mg	87mg	0g	0g
Ski D'Lite Yoghurt - Peach & Mango , 200 g - 1 tub	178	30g	2g	10g	0mg	108mg	28g	0g
Snacks								
Great Lakes - Sun-dried Apricots, 10 pieces	172	45g	0g	2g	0mg	3mg	25g	7g
Coca Cola - Australia - 375ml Can of Coke, 375 ml	161	40g	0g	0g	0mg	38mg	40g	0g
Pears - Raw, 1 pear, medium (approx 2-1/2 per lb)	96	26g	0g	1g	0mg	2mg	16g	5g
Milo - With Hot Water and Low Fat Milk, 1 cup	161	16g	3g	5g	0mg	45mg	12g	2g
Capilano - Natural Australian Honey, 15 g	51	13g	0g	0g	0mg	2mg	12g	0g
TOTAL:	2,612	432g	39g	123g	121mg	2,607mg	221g	35g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 26-32 kph, very fast (cycling, biking, bike riding)	2,278	237			
TOTALS:	2,278	237	0	0	0

August 18, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Golden Circle - Apple Mango Juice g C, 200 ml	132	24g	0g	0g	0mg	10mg	22g	1g
Fruit - Banana - Medium 7 - 8" (115g), 1 Banana	105	27g	1g	1g	0mg	1mg	14g	3g
Sanitarium - Weet Bix Original, 4 biscuits	214	40g	1g	7g	0mg	174mg	2g	7g
Milk - Nonfat (fat free or skim), 0.67 cup	57	8g	0g	6g	3mg	85mg	0g	0g
Nutrilite - Double X, 3 tablets	0	0g	0g	0g	0mg	0mg	0g	0g
Nutrilite - Vitamin B Complex, 2 capsule	0	0g	0g	0g	0mg	0mg	0g	0g
Capilano - Natural Australian Honey, 15 g	51	13g	0g	0g	0mg	2mg	12g	0g
Lunch								
Lettuce - Iceberg (includes crisphead types), raw, 2 leaf outer	11	2g	0g	1g	0mg	8mg	1g	1g
Praise - Balsamic Salad Dressing, 20 ml	40	2g	4g	0g	0mg	170mg	2g	0g
Fuel Factor (Chocolate) - Whey Protein Shake, 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
Hass - Avocado, Raw, 0.5 Quarter of an Avocado	28	2g	3g	0g	0mg	1mg	0g	1g
Kraft - Singles American Cheese Sandwich Slices, 1 slice	38	2g	2g	3g	15mg	230mg	1g	0g
Organic Tomato - Roma Tomato - Raw - Medium, 2 Slices	15	3g	0g	1g	0mg	3mg	2g	1g
Carrots - Raw, 1 medium	25	6g	0g	1g	0mg	42mg	3g	2g
D'orsogna - Thinly Cut Triple Smoked Leg Ham, 62.5 g	67	1g	2g	12g	0mg	510mg	1g	0g
Dinner								
Chicken - Breast, meat only, cooked, roasted, 100 g	165	0g	4g	31g	85mg	74mg	0g	0g
Eating Well - Roasted Sweet Potatoes, 1/2 cup	96	19g	2g	1g	0mg	0mg	0g	0g
Woolworths - Homebrand - Frozen Green Beans, 100 g	30	4g	0g	1g	0mg	8mg	3g	3g
Mccain - Frozen Peas and Corn Kernels, 100 g	91	14g	1g	4g	0mg	6mg	4g	3g
White - Potato, 100 g	69	17g	0g	2g	0mg	0mg	1g	2g
Ski D'Lite Yoghurt - Peach & Mango , 200 g - 1 tub	178	30g	2g	10g	0mg	108mg	28g	0g
Amway - Fuel Factor Whey Protein (Chocolate Max), 30 g	121	3g	2g	23g	0mg	46mg	2g	0g
Snacks								
Generic - Chocolate Milkshake, 400 ml	360	32g	1g	9g	5mg	130mg	28g	1g
Xs -Quixtar - Energy Drink - Cola Blast, 8.4 oz.	8	0g	0g	2g	0mg	15mg	0g	0g
Kraft Singles Slices (Australia - Cheese, 1 slice	70	1g	5g	4g	0mg	309mg	1g	0g
TOTAL:	2,092	253g	32g	142g	108mg	1,978mg	129g	25g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 26-32 kph, very fast (cycling, biking, bike riding)	1,622	170			
Tennis, general	685	75			
TOTALS:	2,307	245	0	0	0