



## **MyLifeBalance – Activity Tools & Nutritional Tools**

In the password protected MyLifeBalance section, LifeBalance members create a free account to use online activity and nutritional tools. **The LifeBalance Activity Planner, Tracker and Journal** as well as the **LifeBalance Food Tracker and Journal** are included in the MyLifeBalance member area.

### **MyLifeBalance Activity Tools:**

- The LifeBalance Activity Planner allows members to plan out a weekly regimen of exercise and activities and calculate how many calories can be burned.
- The LifeBalance Activity Tracker allows members to enter their activity of choice, their duration of time they spent on their activity and calculate the estimated number of calories burned during that exercise period.
- The LifeBalance Activity Journal allows members to record each experience, analyze their activities and review their personal journal at any time.

### **MyLifeBalance Nutritional Tools:**

- The LifeBalance Food Tracker allows members to search the USDA food database listing thousands of food items to gain nutritional content.
- The LifeBalance Food Journal allows members to add foods to their daily journals, analyze their food selections and review their food journal at any time.
- Add their own favorite foods to the list, set their caloric intake goals, monitor progress and set personal goals.