



The Science of Weight Loss: Dispelling Diet Myths

4.3 Exercise Tracking

| Day/Time | Exercise Type | Exercise Duration | Kilojoules Burned <small>(either calculated from online calculator or from wearable device)</small> |
|----------------------|---------------------------------------|--------------------------|---|
| <i>Monday/6:00am</i> | <i>Moderate paced walk (~5.5km/h)</i> | <i>60 minutes</i> | <i>1100kJ</i> |
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