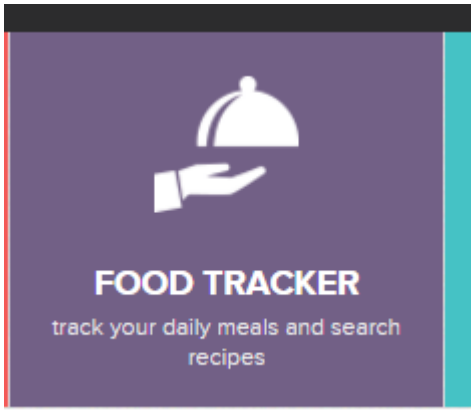
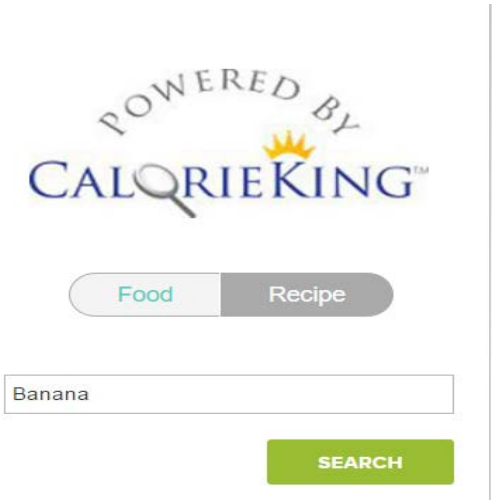
How to use the Walkingspree Food Tracker

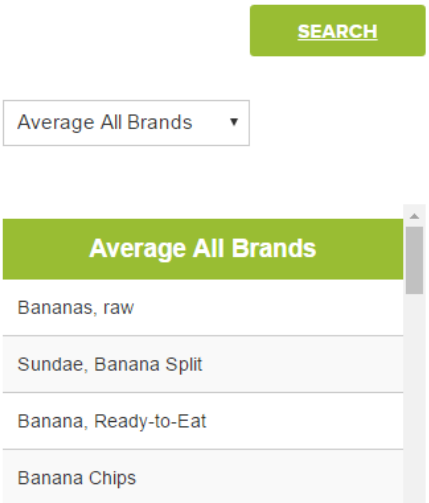
1. Sign into your Walkingspree account, then select the Food Tracker tab.



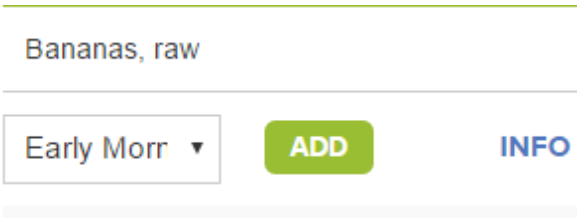
2. Type in the food item and click search



3. A list of items related to your food choice will appear. Select the one that best fits what you ate.



4. Click on the item and a drop down menu will appear to select the mealtime you ate it. Click Add



5. Enter the number and size of servings.