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Weight Loss Tracker

Hits: 3,879

Description: The Online Weight Loss tracker is a free, easy-to-use method of keeping track of your caloric intake on a day-to-day basis. Using it will help you get a feel for how many calories you consume on a day-to-day basis, as well as if you are consuming less or more calories than you need to maintain your current body weight. We made all of the shortcuts we could to make the use of the weight loss tracker as simple, efficient and flexible as possible. After you register, just click on the Instructions link at the top of the screen for how to get started.

Resource Specifications

Version:	1.5
Platform(s):	linux, windows
Date Added:	Mar 20th, 2006
Last Updated:	Mar 20th, 2006
Author:	www.My-Health-And-Fitness.org

Average Visitor Rating:  **1.00** (out of 5)

Number of Ratings: 1 Votes

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