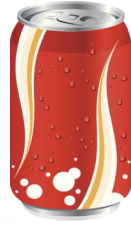


138

kcal

**Sugary Soft Drink
(330ml Can)**



26mins of Walking

Or

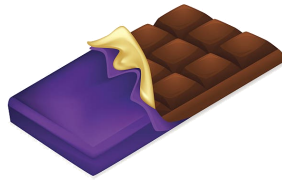
13mins of Running



171

kcal

**Regular Chocolate
(58g Bar)**



42mins of Walking

Or

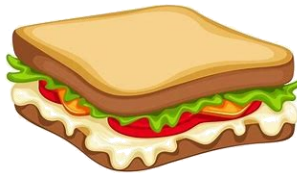
22mins of Running



445

kcal

**Single Sandwich
(Chicken/Bacon)**



**1hr & 22mins of
Walking**

Or

42mins of Running



420

kcal

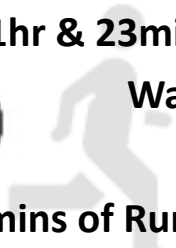
**Large Pizza
(1 Quarter Slice)**



**1hr & 23mins of
Walking**

Or

43mins of Running



449

kcal

**Mocha Coffee
(Medium)**



53mins of Walking

Or

28mins of Running



265

kcal

**Crisps
(35g Packet)**



48mins of Walking

Or

25mins of Running



229

kcal

**Iced Cinnamon
Roll**



**1hr & 17mins of
Walking**

Or

40mins of Running



290

kcal

**Cereal
(1 Bowl)**



31mins of Walking

Or

16mins of Running



172

kcal

Blueberry Muffin



**1hr & 10mins of
Walking**

Or

35mins of Running



380

kcal

**Fries
(Medium)**



31mins of Walking

Or

16mins of Running

