

# Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1000 Calories

Calorie Intake: 969

Positive Feelings About Today

*I followed my meal plan great. It was so easy because I planned ahead and had all of the food on hand.*

Difficulties Encountered Today

*I was really tired this morning-only walked 20 minutes on the treadmill-go to bed earlier tonight.*

Exercise Today

aerobic																																																			
walked on treadmill for 20 minutes at 3.2 mph																																																			
steps																																																			
total steps for today: 9456																																																			
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">resistance training</th> <th style="width: 25%;">exercise</th> <th style="width: 25%;">weight</th> <th style="width: 25%;">reps</th> </tr> </thead> <tbody> <tr><td>chest</td><td></td><td></td><td></td></tr> <tr><td>shoulders</td><td></td><td></td><td></td></tr> <tr><td>biceps</td><td></td><td></td><td></td></tr> <tr><td>triceps</td><td></td><td></td><td></td></tr> <tr><td>abdominals</td><td></td><td></td><td></td></tr> <tr><td>quads</td><td></td><td></td><td></td></tr> <tr><td>hamstrings</td><td></td><td></td><td></td></tr> <tr><td>calves</td><td></td><td></td><td></td></tr> <tr><td>other</td><td></td><td></td><td></td></tr> <tr><td> </td><td></td><td></td><td></td></tr> <tr><td> </td><td></td><td></td><td></td></tr> </tbody> </table>				resistance training	exercise	weight	reps	chest				shoulders				biceps				triceps				abdominals				quads				hamstrings				calves				other											
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Today's Goals

- |   |   |
|---|---|
| 1 | walk on treadmill for 40 minutes                  |
| 2 | follow my food plan, plan next weeks meals        |
| 3 | read next Barix On-Track Steps to Success handout |
| 4 | call gym to find out about personal trainer       |
| 5 |   |
| 6 |   |

Plan		
Meal 1	1/2 cup egg substitute, scrambled	
	1/8 cup cheese	
	1 slice toast, spray butter	
Meal 2	1/2 small banana	
	1/4 cup grapes	
Meal 3	1/2 turkey sandwich	
	a slice of cheese and tomato	
Meal 4	1 cup light yogurt	
Meal 5	small broiled chicken breast	
	1/4 cup broccoli	
	1/4 cup carrot sticks	
Meal 6	1/2 cup sugar free ice cream	

Actual		Calories	
Meal 1	1/2 cup egg substitute, scrambled	46	
	1/8 cup cheese	57	
	1 slice toast, margarine	140	
Meal 2	1/2 small banana	52	
	1/4 cup grapes	15	
Meal 3	8 oz skim milk with sf chocolate	120	
	finished before sandwich		
Meal 3	1/2 turkey sandwich	140	
	a slice of cheese and tomato		
Meal 4	1 cup light yogurt	80	
Meal 5	small broiled chicken breast	142	
	1/4 cup broccoli	11	
	1/4 cup carrot sticks	16	
Meal 6	3/4 cup sugar free ice cream	150	

Meat, Fish, Poultry, Eggs, Protein Supplement **3** servings per day  
 Low fat Milk, Lite Yogurt, Low fat Cheese **4** servings per day  
 Vegetables **3** servings per day  
 Fruits **2** servings per day  
 Breads, Cereal, Rice, Pasta **4** servings per day  
 Free Choice 100 Calories daily

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Meal 2	
Meal 3	
Meal 4	
Meal 5	
Meal 6	

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