Calories

Today's Date:

Calorie Goal:	1000 Calories	Calorie Intake:	969

Plan Actual

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

Meat, Fish, Poultry, Eggs, Protein Supplement $oldsymbol{3}$ 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

Positive	Feelings	About	Toda
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I followed my meal plan great. It was so easy because	
l planned ahead and had all of the food on hand.	

Difficulties Encountered Today

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

Exercise Today

walked on treadmill for 20 minutes at 3.2 mph							
steps							
total steps for today: 9456	i						
resistance training	exercise	weight	reps				
chest							
shoulders							
biceps							
triceps							
abdominals							
quads							
hamstrings							
calves							
other							
		<u> </u>					

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	

Today's Date:

Calorie Goal: Calorie Intake:			Positive Feelings About Today				
Plan		Actual					
Meal 1	Meal 1						
			Diffici	ulties Encountered	Today		
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			Exerc	ise Today			
Meal 3	Meal 3			aerobic			
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Meal 4	Meal 4						
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				shoulders			
Meal 5	Meal 5			biceps			
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				quads			
				hamstrings			
				calves			
Meal 6	Meal 6			other			
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	l		i oudy	r's Goals			
Most Fish Books, Fore Books Complement 2 combined			1				
Meat, Fish, Poultry, Eggs, Protein Supplement 3 servings po			3				
Low fat Milk, Lite Yogurt, Low fat Cheese 4 servings per day	'		3				
Vegetables 3 servings per day			4				
Fruits 2 servings per day			5				

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Plan		Actual					
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Vegetables 3 servings per day			4				
Fruits 2 servings per day Broads Cereal Rice Pasta 4 servings per day			5 6				

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