

# Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1100 Calories

Calorie Intake: 1110

Plan		Actual		Calories
Meal 1	1/2 cup egg substitute, scrambled	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
Meal 2	1/2 small banana	1/2 small banana		52
	1/4 cup grapes	1/4 cup grapes		15
Meal 3	1/2 turkey sandwich	12 oz skim milk with sf chocolate		165
	a slice of cheese and tomato	finished before sandwich		
		1/2 turkey sandwich, 1 tbsp mayonnaise		200
Meal 4	1 cup light yogurt	1/4 cup carrot sticks		16
		1 cup light yogurt		80
		1/4 cup fresh strawberries		20
Meal 5	small broiled chicken breast	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	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 **5** servings per day  
 Vegetables **4** servings per day  
 Fruits **3** servings per day  
 Breads, Cereal, Rice, Pasta **4** servings per day  
 Free Choice **100** Calories daily

## 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			
resistance training	exercise	weight	reps
chest			
shoulders			
biceps			
triceps			
abdominals			
quads			
hamstrings			
calves			
other			

## 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

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Actual

Meal 1	
Meal 2	
Meal 3	
Meal 4	
Meal 5	
Meal 6	

Meal 1		
Meal 2		
Meal 3		
Meal 4		
Meal 5		
Meal 6		

Difficulties Encountered Today

Exercise Today

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steps			
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chest			
shoulders			
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Today's Goals

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3
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