Today's Date:

3 read next Barix On-Track Steps to Success handout

4 call gym to find out about personal trainer

5

6

Calorie Goal: 1100 Calories		Calor	ie Intake: 1110	Positive Feelings About Today							
	Plan		Actual			I followed my meal plan great. It was so easy because I planned ahead and had all of the food on hand.					
	i ian		Actual	Calories		n pianneu aneau anu nau a		nanu.			
Meal 1	1/2 cup egg substitute, scrambled	Meal 1	1/2 cup egg substitute, scrambled	46							
mean	1/8 cup cheese		1/8 cup cheese	57							
	1 slice toast, spray butter		1 slice toast, margarine	140							
				140	Diffic	ulties Encountered	Today				
						I was really tired this morn		120			
						minutes on the treadmill-g					
Meal 2	1/2 small banana	Meal 2	1/2 small banana	52							
	1/4 cup grapes		1/4 cup grapes	15							
					Evere	ion Today					
				105	Exerc	ise Today					
Meal 3	1/2 turkey sandwich	Meal 3	12 oz skim milk with sf chocolate	165		aerobic					
	a slice of cheese and tomato		finished before sandwich			walked on treadmill for 20	minutes at 3.2 h	npn			
			1/2 turkey sandwich, 1 tbsp mayonnaise	200							
			a slice of cheese and tomato			steps					
			1/4 cup carrot sticks	16		total steps for today: 9456					
Meal 4	1 cup light yogurt	Meal 4	1 cup light yogurt	80							
			1/4 cup fresh strawberries	20							
						resistance training	exercise	weight	reps		
						chest					
						shoulders					
Meal 5	small broiled chicken breast	Meal 5	small broiled chicken breast	142		biceps					
	1/4 cup broccoli		1/4 cup broccoli	11		triceps					
	1/4 cup carrot sticks		1/4 cup carrot sticks	16		abdominals					
						quads					
						hamstrings					
						calves					
Meal 6	1/2 cup sugar free ice cream	Meal 6	3/4 cup sugar free ice cream	150		other					
					Today	/'s Goals					
			•	4	1	walk on treadmill for 40 mi	nutes				
Meat. Fis	h, Poultry, Eggs, Protein Supplement 3 servi	ngs per dav			2	follow my food plan, plan r	next weeks mea	ls			

-

Low fat Milk, Lite Yogurt, Low fat Cheese ${\bf 5}$ servings per day

Vegetables ${\bf 4}$ servings per day

Fruits ${\bf 3}$ servings per day

Breads, Cereal, Rice, Pasta 4 servings per day

Today's Date:

Calori	Calorie Goal: 1100 Calorie Intake: P		Posit	ve Feelings About T	oday			
	Plan		Actual					
Meal 1		Meal 1						
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Meal 2		Meal 2						
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		41 }		Evoro	ise Today			
Meal 3		Meal 3		Exerc	aerobic			
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		11 1						
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Meal 4		Meal 4						
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		41		_	resistance training	exercise	weight	rons
				_	chest	exercise	weight	reps
		11 1		-	shoulders			
Meal 5		Meal 5			biceps			
]] [triceps			
					abdominals			
		41			quads			
		41		_	hamstrings calves			
Meal 6		Meal 6		_	other			
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		11 1						I
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				Toda	/ <mark>'s Goals</mark>			
				1				
Meat, Fish	, Poultry, Eggs, Protein Supplement ${f 3}$ servings p	er day		2				
Low fat Mi	ilk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per da	y		3				
Vegetable	s 4 servings per day			4	·			
Fruits 3 se	ervings per day			5				
Breads, Ce	ereal, Rice, Pasta 4 servings per day			6				

Today's Date:

Calori	Calorie Goal: 1100 Calorie Intake: P		Posit	ve Feelings About T	oday			
	Plan		Actual					
Meal 1		Meal 1						
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		41 -		Diffic	ulties Encountered	Vebo		
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Meal 2		Meal 2						
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					abdominals			
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Meat, Fish	, Poultry, Eggs, Protein Supplement ${f 3}$ servings p	er day		2				
Low fat Mi	ilk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per da	y		3				
Vegetable	s 4 servings per day			4	·			
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Breads, Ce	ereal, Rice, Pasta 4 servings per day			6				

Today's Date:

Calorie Goal: 1100		Calorie Intake: Positi			Positiv	ive Feelings About Today			
	Plan		Actual						
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Meal 4		Meal 4							
						resistance training	exercise	weight	reps
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Maral C		Maral				shoulders			
Meal 5		Meal 5				biceps triceps	<u> </u>		
						abdominals			
						quads			
						hamstrings			
						calves			
Meal 6		Meal 6				other			
					Today	's Goals			
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Meat, Fish	, Poultry, Eggs, Protein Supplement ${f 3}$ servings per	day			2				
Low fat Mi	lk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per day				3				
Vegetable	s 4 servings per day				4				
	rvings per day				5				
Breads, Ce	ereal, Rice, Pasta 4 servings per day				6				

Today's Date:

Calorie Goal: 1100		Calorie Intake: Positi			Positiv	ive Feelings About Today			
	Plan		Actual						
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						steps			
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						resistance training	exercise	weight	reps
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Maral C		Maral				shoulders			
Meal 5		Meal 5				biceps triceps	<u> </u>		
						abdominals			
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Meal 6		Meal 6				other			
					Today	's Goals			
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Meat, Fish	, Poultry, Eggs, Protein Supplement ${f 3}$ servings per	day			2				
Low fat Mi	lk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per day				3				
Vegetable	s 4 servings per day				4				
	rvings per day				5				
Breads, Ce	ereal, Rice, Pasta 4 servings per day				6				

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Calorie Goal: 1100		Calorie Intake: Positi			Positiv	ive Feelings About Today			
	Plan		Actual						
Meal 1		Meal 1							
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						resistance training	exercise	weight	reps
						chest			
Maral C		Maral				shoulders			
Meal 5		Meal 5				biceps triceps	<u> </u>		
						abdominals			
						quads			
						hamstrings			
						calves			
Meal 6		Meal 6				other			
					Today	's Goals			
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Meat, Fish	, Poultry, Eggs, Protein Supplement ${f 3}$ servings per	day			2				
Low fat Mi	lk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per day				3				
Vegetable	s 4 servings per day				4				
	rvings per day				5				
Breads, Ce	ereal, Rice, Pasta 4 servings per day				6				

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Calorie Goal: 1100		Calorie Intake: Positi			Positiv	ive Feelings About Today			
	Plan		Actual						
Meal 1		Meal 1							
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Meal 2		Meal 2							
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Meal 3		Meal 3				aerobic			
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Meal 4		Meal 4							
						resistance training	exercise	weight	reps
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Meal 5		Meal 5				biceps triceps	<u> </u>		
						abdominals			
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Meal 6		Meal 6				other			
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Meat, Fish	, Poultry, Eggs, Protein Supplement ${f 3}$ servings per	day			2				
Low fat Mi	lk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per day				3				
Vegetable	s 4 servings per day				4				
	rvings per day				5				
Breads, Ce	ereal, Rice, Pasta 4 servings per day				6				

Today's Date:

Calori	e Goal: 1100	Calorie Intake: Positi			Positiv	ive Feelings About Today			
	Plan		Actual						
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Meal 3		Meal 3				se Today ^{aerobic}			
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Meal 4		Meal 4							
						resistance training	exercise	weight	reps
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Meal 5		Meal 5				biceps			
						triceps			
						abdominals			
						quads			
						hamstrings			
						calves			
Meal 6		Meal 6				other			
					Today	's Goals			
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	, Poultry, Eggs, Protein Supplement 3 servings per	day			2				
	Ik, Lite Yogurt, Low fat Cheese 5 servings per day				3				
	s 4 servings per day				4				
	rvings per day ereal, Rice, Pasta 4 servings per day				5 6				
breads, Ce	ereal, Rice, Fasta 4 servings per day				0				