

Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1200 Calories

Calorie Intake: 1180

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		
		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
	2 slice toast, margarine	2 slice toast, margarine	210
Meal 2	1/2 small banana	1/2 small banana	52
	1/4 cup grapes	1/4 cup grapes	15
Meal 3	12 oz skim milk with sf chocolate	12 oz skim milk with sf chocolate	165
	finished before sandwich	finished before sandwich	
	1/2 turkey sandwich, 1 tbsp mayonnaise	1/2 turkey sandwich, 1 tbsp mayonnaise	200
	a slice of cheese and tomato	a slice of cheese and tomato	
Meal 4	1/4 cup carrots	1/4 cup carrot sticks	16
	1 cup light yogurt	1 cup light yogurt	80
	1/4 cup fresh strawberries	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 **6** servings per day
 Free Choice **150** Calories daily

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Meal 2	
Meal 3	
Meal 4	
Meal 5	
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