Calories

Today's Date:

Calorie Goal:	1200 Calories	Calorie Intake: 118

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
	2 slice toast, margarine	-11	2 slice toast, margarine	210
	2 5/100 todas, margarine	1	2 shot todat, margarine	
Meal 2	1/2 small banana	Meal 2	1/2 small banana	52
	1/4 cup grapes		1/4 cup grapes	15
		<u> </u>		
Meal 3	12 oz skim milk with sf chocolate	Meal 3	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
Meal 4	1 cup light yogurt	Meal 4	1 cup light yogurt	80
	1/4 cup fresh strawberries		1/4 cup fresh strawberries	20
		∃		
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 3 servings per day
Low fat Milk, Lite Yogurt, Low fat Cheese ${\bf 5}$ 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

followed my meal plan great. It was so easy because								
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							
exercise	weight	reps					
	exercise						

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: 1200		Calorie Intake:			Positive Feelings About Today			
	Plan		Actual					
Meal 1		Meal 1						
				Diffici	ulties Encountered	Γοday		
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					abdominals			
					quads			
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Meal 6		Meal 6			other	 		
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				Today	's Goals			
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Meat, Fish	, Poultry, Eggs, Protein Supplement $oldsymbol{3}$ servings pe	r day		2				
Low fat Mi	lk, Lite Yogurt, Low fat Cheese $oldsymbol{5}$ servings per day			3				
Vegetable	s 4 servings per day			4				
Fruits 3 se	ervings per day			5				
Breads, Co	ereal, Rice, Pasta 6 servings per day			6				

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