

Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1300 Calories

Calorie Intake: 1250

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			
<i>resistance training</i>	<i>exercise</i>	<i>weight</i>	<i>reps</i>
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

	Plan
Meal 1	1/2 cup egg substitute, scrambled
	1/8 cup cheese
	1 slice toast, margarine
Meal 2	1/2 small banana
	1/4 cup grapes
Meal 3	12 oz skim milk with sf chocolate
	finished before sandwich
	1 turkey/ham sandwich, 1 tbsp mayonnaise
	a slice of cheese and tomato
	1/4 cup carrots
Meal 4	1 cup light yogurt
	1/4 cup fresh strawberries
Meal 5	small broiled chicken breast
	1/4 cup broccoli
	1/4 cup carrot sticks
Meal 6	1/2 cup sugar free ice cream

	Actual	Calories
Meal 1	1/2 cup egg substitute, scrambled	46
	1/8 cup cheese	57
	1 slice toast, margarine	140
Meal 2	1/2 small banana	52
	1/4 cup grapes	15
Meal 3	12 oz skim milk with sf chocolate	165
	finished before sandwich	
	1 turkey/ham sandwich, 1 tbsp mayonnaise	340
	a slice of cheese and tomato	
	1/4 cup carrot sticks	16
Meal 4	1 cup light yogurt	80
	1/4 cup fresh strawberries	20
Meal 5	small broiled chicken breast	142
	1/4 cup broccoli	11
	1/4 cup carrot sticks	16
Meal 6	3/4 cup sugar free ice cream	150

Meat, Fish, Poultry, Eggs, Protein Supplement 4 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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Positive Feelings About Today

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Difficulties Encountered Today

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Exercise Today

aerobic			
steps			
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other			

Today's Goals

1	
2	
3	
4	
5	
6	

Plan

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

Actual

Meal 1		
Meal 2		
Meal 3		
Meal 4		
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Meal 6	

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