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: 1300 Calories		Calorie Intake: 1250			Positi	ive 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.				
				Calories						
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						
	1 slice toast, margarine		1 slice toast, margarine	140	D :///		- .			
					Diffic	ulties Encountered				
						I was really tired this morn minutes on the treadmill-g				
Meal 2	1/2 small banana	Meal 2	1/2 small banana	52		minutes on the treatmin-g	o to beu earlier	ionigni.		
	1/4 cup grapes		1/4 cup grapes	15						
		11								
					Evoro	ise Today				
Meal 3	12 oz skim milk with sf chocolate	Meal 3	12 oz skim milk with sf chocolate	165	LYCIC	aerobic				
ineal 3	finished before sandwich	ineal 5	finished before sandwich	700		walked on treadmill for 20	minutes at 3.2 n	nnh		
							ininates at 5.2 ii	ipii		
	1 turkey/ham sandwich, 1 tbsp mayonnaise		1 turkey/ham sandwich, 1 tbsp mayonnaise	340						
	a slice of cheese and tomato		a slice of cheese and tomato			steps				
	1/4 cup carrots		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		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				
		-11		┨	Today	y's Goals				
	-				1	, walk on treadmill for 40 mi	nutes			
Meat, Fis	h, Poultry, Eggs, Protein Supplement 4 servings r	per day			2	follow my food plan, plan r	next weeks mea	ls		

Low fat Milk, Lite Yogurt, Low fat Cheese 5 servings per day

Vegetables 4 servings per day

Fruits ${\bf 3}$ servings per day

Breads, Cereal, Rice, Pasta ${\bf 6}$ servings per day

Today's Date:

Calori	e Goal: 1300	Calori	e Intake:	Positi	sitive Feelings About Today			
	Plan		Actual					
Meal 1		Meal 1						
				Difficu	ulties Encountered	Vebo		
		41		Dinici		louay		
Meal 2		Meal 2						
		41						
		41		Evoro	isa Taday			
Meal 3		Meal 3		Exerc	ise Today aerobic			
ivieal 5		wear 5			aerobic			
		11						
					steps			
Meal 4		Meal 4						
		41						
					resistance training	exercise	woight	
					chest	exercise	weight	reps
					shoulders			
Meal 5		Meal 5			biceps			
					triceps			
					abdominals			
		41			quads			
		41			hamstrings calves			
Meal 6		Meal 6			other			┢────┤
IVICAI U		INICAL O			other			
		11						<u> </u>
						A		I
				Today	r's Goals			
				1				
	, Poultry, Eggs, Protein Supplement 4 servings p			2				
Low fat Mi	ilk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per da	ıy		3				
Vegetable	s 4 servings per day			4				
Fruits 3 se	ervings per day			5				
Breads, Ce	ereal, Rice, Pasta 6 servings per day							

Today's Date:

Calori	e Goal: 1300	Calori	e Intake:	Positi	sitive Feelings About Today			
	Plan		Actual					
Meal 1		Meal 1						
				Difficu	ulties Encountered	Vebo		
		41		Dinici		louay		
Meal 2		Meal 2						
		41						
		41		Evoro	isa Taday			
Meal 3		Meal 3		Exerc	ise Today aerobic			
ivieal 5		wear 5			aerobic			
		11						
					steps			
Meal 4		Meal 4						
		41						
					resistance training	exercise	woight	
					chest	exercise	weight	reps
					shoulders			
Meal 5		Meal 5			biceps			
					triceps			
					abdominals			
		41			quads			
		41			hamstrings calves			
Meal 6		Meal 6			other			┢────┤
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		11						<u> </u>
						A		I
				Today	r's Goals			
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	, Poultry, Eggs, Protein Supplement 4 servings p			2				
Low fat Mi	ilk, Lite Yogurt, Low fat Cheese ${f 5}$ servings per da	ıy		3				
Vegetable	s 4 servings per day			4				
Fruits 3 se	ervings per day			5				
Breads, Ce	ereal, Rice, Pasta 6 servings per day							

Today's Date:

Calorie Goal: 1300		Calorie Intake: Po			Positiv	Positive Feelings About Today				
	Plan		Actual							
Meal 1		Meal 1								
					D:#:	ution Europeantened 7				
					DITTICU	Ities Encountered 1	oday			
Meal 2		Meal 2								
Near 2		Wear 2								
						se Today				
Meal 3		Meal 3				aerobic				
						steps				
						51045				
Meal 4		Meal 4								
						resistance training	exercise	weight	reps	
						chest				
		_				shoulders				
Meal 5		Meal 5				biceps				
						triceps abdominals				
						quads				
						hamstrings				
						calves				
Meal 6		Meal 6				other				
					Tedeu					
I					100ay	's Goals				
Meat Fich	, Poultry, Eggs, Protein Supplement 4 servings per	dav			2					
	Ik, Lite Yogurt, Low fat Cheese 5 servings per day				3					
	s 4 servings per day				4					
	ervings per day				5					
	ereal, Rice, Pasta 6 servings per day				6					

Today's Date:

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	Plan		Actual							
Meal 1		Meal 1								
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Meal 4		Meal 4								
						resistance training	exercise	weight	reps	
						chest				
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Meal 5		Meal 5				biceps				
						triceps abdominals				
						quads				
						hamstrings				
						calves				
Meal 6		Meal 6				other				
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I					100ay	's Goals				
Meat Fich	, Poultry, Eggs, Protein Supplement 4 servings per	dav			2					
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	s 4 servings per day				4					
	ervings per day				5					
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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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		_				shoulders				
Meal 5		Meal 5				biceps				
						triceps abdominals				
						quads				
						hamstrings				
						calves				
Meal 6		Meal 6				other				
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I					100ay	's Goals				
Meat Fich	, Poultry, Eggs, Protein Supplement 4 servings per	dav			2					
	Ik, Lite Yogurt, Low fat Cheese 5 servings per day				3					
	s 4 servings per day				4					
	ervings per day				5					
	ereal, Rice, Pasta 6 servings per day				6					

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Meal 1		Meal 1								
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					DITTICU	Ities Encountered 1	oday			
Meal 2		Meal 2								
Near 2		Wear 2								
						se Today				
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 abdominals				
						quads				
						hamstrings				
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Meal 6		Meal 6				other				
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I					100ay	's Goals				
Meat Fich	, Poultry, Eggs, Protein Supplement 4 servings per	dav			2					
	Ik, Lite Yogurt, Low fat Cheese 5 servings per day				3					
	s 4 servings per day				4					
	ervings per day				5					
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Meal 1		Meal 1							
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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			
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I					100ay	's Goals			
Moat Fish	, Poultry, Eggs, Protein Supplement 4 servings per	dav			2				
	Ik, Lite Yogurt, Low fat Cheese 5 servings per day				3				
	s 4 servings per day				4				
	ervings per day				5				
	ereal, Rice, Pasta 6 servings per day				6				