Calories

Today's Date:

Calorie Goal:	1400 Calories	Calorie Intake: 140)9

Plan Actual

Meal 1	Latte: 1/2 cup hot milk and 1/2 cup coffee	Meal 1	Latte: 1/2 cup hot milk and 1/2 cup coffee	45
	finish before breakfast		finish before breakfast	
	2 eggs, scrambled	<u> </u>	2 eggs, scrambled	160
	1/8 cup cheese		1/8 cup cheese	57
Meal 2 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,	1 slice toast, margarine		1 slice toast, margarine	140
Meal 2	1/2 small banana	Meal 2	1/2 small banana	52
	1/4 cup grapes]	1/4 cup grapes	15
Meal 3	12 oz skim milk with sf chocolate	Meal 3	12 oz skim milk with sf chocolate	165
	finished before sandwich	41	finished before sandwich	
	1 turkey/ham sandwich, 1 tbsp mayonnaise	<u> </u>	1 turkey/ham sandwich, 1 tbsp mayonnaise	340
	a slice of cheese and tomato		a slice of cheese and tomato	
	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	$\exists 1$	1/4 cup fresh strawberries	20
]		
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wear 5	small broiled chicken breast	Meal 5	small broiled chicken breast	142
	1/4 cup broccoli	-11	1/4 cup broccoli	11
	1/4 cup carrot sticks	<u> </u>	1/4 cup carrot sticks	16
		41		
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 $f 4$ servings per day
Low fat Milk, Lite Yogurt, Low fat Cheese 6 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 i	minutes at 3.2 r	mph	
steps			
total steps for today: 9456			
resistance training	exercise	weight	reps
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	

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	Plan		Actual					
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Meal 4		Meal 4						
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Meal 5		Meal 5			biceps			
					triceps			
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Meal 6		Meal 6			other			
				Today	's Goals			
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