

Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1500 Calories

Calorie Intake: 1529

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			
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

	Plan		Actual	Calories
Meal 1	Latte: 1/2 cup hot milk and 1/2 cup coffee		Latte: 1/2 cup hot milk and 1/2 cup coffee	45
	finish before breakfast		finish before breakfast	
	2 eggs, scrambled		2 eggs, scrambled	160
	1/8 cup cheese		1/8 cup cheese	57
Meal 2	2 slice toast, margarine		2 slice toast, margarine	210
	1/2 small banana		1/2 small banana	52
	1/4 cup grapes		1/4 cup grapes	15
			1 piece sf chocolate	50
Meal 3	12 oz skim milk with sf chocolate		12 oz skim milk with sf chocolate	165
	finished before sandwich		finished before sandwich	
	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	
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
				1529

Meat, Fish, Poultry, Eggs, Protein Supplement 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 8 servings per day

Free Choice 200 Calories daily

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Actual

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

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

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