

Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1600 Calories

Calorie Intake: 1601

| 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 |
| | 2 slice toast, margarine | 2 slice toast, margarine | | 210 |
| Meal 2 | small banana | small banana | | 104 |
| | 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 | | |
| | 1/4 cup carrots | 1/4 cup carrot sticks | | 16 |
| Meal 4 | 1 cup light yogurt | 1 cup light yogurt | | 80 |
| | 1/4 cup fresh strawberries | 1/4 cup fresh strawberries | | 20 |
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| 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 |
| | 1/4 cup fresh raspberries | 1/4 cup fresh raspberries | | 20 |
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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 5 servings per day

Breads, Cereal, Rice, Pasta 8 servings per day

Free Choice 200 Calories daily

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 | | | |
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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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Calorie Intake:

Positive Feelings About Today

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Actual

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Difficulties Encountered Today

Exercise Today

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| aerobic | | | |
| steps | | | |
| resistance training | exercise | weight | reps |
| chest | | | |
| shoulders | | | |
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| abdominals | | | |
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| calves | | | |
| other | | | |
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Breads, Cereal, Rice, Pasta 6 servings per day

Free Choice 200 Calories daily

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| steps | | | |
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