

Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1700 Calories

Calorie Intake: 1708

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																																																			
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">resistance training</th> <th style="width: 25%;">exercise</th> <th style="width: 25%;">weight</th> <th style="width: 25%;">reps</th> </tr> </thead> <tbody> <tr><td>chest</td><td></td><td></td><td></td></tr> <tr><td>shoulders</td><td></td><td></td><td></td></tr> <tr><td>biceps</td><td></td><td></td><td></td></tr> <tr><td>triceps</td><td></td><td></td><td></td></tr> <tr><td>abdominals</td><td></td><td></td><td></td></tr> <tr><td>quads</td><td></td><td></td><td></td></tr> <tr><td>hamstrings</td><td></td><td></td><td></td></tr> <tr><td>calves</td><td></td><td></td><td></td></tr> <tr><td>other</td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td></tr> </tbody> </table>				resistance training	exercise	weight	reps	chest				shoulders				biceps				triceps				abdominals				quads				hamstrings				calves				other											
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Today's Goals

	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
	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	
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 slice melted cheese	1 slice melted cheese	107
	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

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 300 Calories daily

- | | |
|---|---|
| 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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Actual

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Meal 5	
Meal 6	

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