

Barix On-Track Daily Log

Today's Date:

Calorie Goal: 1800 Calories

Calorie Intake: 1756

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	
Meal 1	Latte: 1/2 cup hot milk and 1/2 cup coffee finish before breakfast
	2 eggs, scrambled
	1/8 cup cheese
	2 slice toast, margarine
Meal 2	small banana
	1/4 cup grapes
	1 piece sf chocolate
Meal 3	12 oz skim milk with sf chocolate finished before sandwich
	1 turkey/ham sandwich, 1 tbsp mayonnaise a slice of cheese and tomato
	1/4 cup carrots
Meal 4	1 cup light yogurt
	1/4 cup fresh strawberries
Meal 5	broiled chicken breast
	1 slice melted cheese
	1/4 cup broccoli
	1/4 cup carrot sticks
Meal 6	1/2 cup sugar free ice cream
	1/4 cup fresh raspberries

Actual		Calories
Meal 1	Latte: 1/2 cup hot milk and 1/2 cup coffee finish before breakfast	45
	2 eggs, scrambled	160
	1/8 cup cheese	57
	2 slice toast, margarine	210
Meal 2	small banana	104
	1/4 cup grapes	15
	1 piece sf chocolate	50
Meal 3	12 oz skim milk with sf chocolate finished before sandwich	165
	1 turkey/ham sandwich, 1 tbsp mayonnaise a slice of cheese and tomato	340
	1/4 cup carrot sticks	16
Meal 4	1 cup light yogurt	80
	1/4 cup fresh strawberries	20
Meal 5	broiled chicken breast	210
	1 slice melted cheese	107
	1/4 cup broccoli	11
	1/4 cup carrot sticks	16
Meal 6	3/4 cup sugar free ice cream	150
	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 400 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		

Difficulties Encountered Today

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Today's Goals

- 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 **6** servings per day
- Free Choice **400** Calories daily

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