Today's Date:

4 call gym to find out about personal trainer

5

6

Calorie Goal: 1500 Calories		Calor	rie Intake: 1529	sitive Feelings About Today					
						I followed my meal plan gr	eat. It was so ea	isy because	
	Plan		Actual			I planned ahead and had a	ll of the food on	hand.	
				Calories					
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		2 eggs, scrambled	160	Diffic	ulties Encountered	Today		
	1/8 cup cheese		1/8 cup cheese	57		I was really tired this morn	ing-only walked	20	
	2 slice toast, margarine		2 slice toast, margarine	210		minutes on the treadmill-g	o to bed earlier t	onight.	
Meal 2	1/2 small banana	Meal 2	1/2 small banana	52					
	1/4 cup grapes	- 11	1/4 cup grapes	15					
		11	1 piece sf chocolate	50					
					Exer	cise Today			
Meal 3	12 oz skim milk with sf chocolate	Meal 3	12 oz skim milk with sf chocolate	165		aerobic			
	finished before sandwich		finished before sandwich			walked on treadmill for 20	minutes at 3.2 m	nph	
	1 turkey/ham sandwich, 1 tbsp mayonnaise		1 turkey/ham sandwich, 1 tbsp mayonnaise	340					
	a slice of cheese and tomato	11	a slice of cheese and tomato			steps			
	1/4 cup carrots		1/4 cup carrot sticks	16		total steps for today: 9456			
Meal 4	1 cup light yogurt	Meal 4	1 cup light yogurt	80					
	1/4 cup fresh strawberries		1/4 cup fresh strawberries	20					
						resistance training	exercise	weight	reps
		41				chest			
		┥┝───		_		shoulders			
Meal 5	small broiled chicken breast	Meal 5	small broiled chicken breast	142		biceps			
	1/4 cup broccoli		1/4 cup broccoli	11		triceps			
	1/4 cup carrot sticks	41	1/4 cup carrot sticks	16		abdominals			
		41				quads			
						hamstrings			
						calves			
Meal 6	1/2 cup sugar free ice cream	Meal 6	3/4 cup sugar free ice cream	150		other			
		-11							
		11					1		<u></u>
		╧		1529	Toda	y's Goals			
						1 walk on treadmill for 40 mi	nutes		
Meat, Fis	h, Poultry, Eggs, Protein Supplement 4 servings	per day				2 follow my food plan, plan r	next weeks meal	s	
Low fat N	lilk, Lite Yogurt, Low fat Cheese 6 servings per d	lav				3 read next Barix On-Track S	Stone to Success	bandout	

Vegetables 4 servings per day

Fruits 3 servings per day

Breads, Cereal, Rice, Pasta ${\bf 8}$ servings per day

Today's Date:

Calori	e Goal: 1500	Calori	e Intake:	Positi	ve Feelings About T	oday		
	Plan		Actual					
Meal 1		Meal 1		1				
				D:#:		Tadava		
				DIMIC	ulties Encountered	Today		
Meal 2		Meal 2						
				F wara	ion Today			
Marala		Marala		Exerc	ise Today aerobic			
Meal 3		Meal 3			aerobic			
				1	steps			
Meal 4		Meal 4						
					resistance training	exercise	weight	1000
					chest	exercise	weight	reps
					shoulders	łł		
Meal 5		Meal 5		1	biceps			
					triceps			
					abdominals			
					quads	\vdash		
					hamstrings calves	├─── ┤		
Meal 6		Meal 6			other	╂────╂		
ivieal o		ineal 0				┼───┼		
				Today	/'s Goals			
				1				
	Poultry, Eggs, Protein Supplement 4 servings per	day		2				
	k, Lite Yogurt, Low fat Cheese ${f 6}$ servings per day			3				
	s 4 servings per day			4				
	rvings per day			5				
Breads, Ce	Breads, Cereal, Rice, Pasta 6 servings per day 6							

Today's Date:

Calorie	Goal: 1500	Calori	e Intake:	Positi	ve Feelings About T	oday		
	Plan		Actual					
Meal 1		Meal 1						
				DITTIC	ulties Encountered	loday		
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Meal 2		Meal 2		-				
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				Exerc	ise Today			
Meal 3		Meal 3			aerobic			
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Meal 4		Meal 4		-				
inicul 4		incui 4		-				
					resistance training	exercise	weight	reps
					chest			
					shoulders			
Meal 5		Meal 5			biceps			
				_	triceps			
				_	abdominals			
-				_	quads			
				_	hamstrings calves			
Meal 6		Meal 6		-	other			
				-				
				Toda	/'s Goals			
				1				
	Poultry, Eggs, Protein Supplement 4 servings per	day		2				
Low fat Milk	, Lite Yogurt, Low fat Cheese ${f 6}$ servings per day			3				
Vegetables	4 servings per day			4				
Fruits 3 ser	vings per day			5	5			
Breads, Cer	Breads, Cereal, Rice, Pasta 6 servings per day 6							

Today's Date:

Calorie Goal: 1500		Calorie Intake: Po			Positiv	Positive Feelings About Today				
	Plan		Actual							
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					DITTICU	Ities Encountered 1	oday			
Meal 2		Meal 2								
Near 2		Wear 2								
						se Today				
Meal 3		Meal 3				aerobic				
						steps				
						otopo				
Meal 4		Meal 4								
						resistance training	exercise	weight	reps	
						chest				
		_				shoulders				
Meal 5		Meal 5				biceps				
						triceps abdominals				
						quads				
						hamstrings				
						calves				
Meal 6		Meal 6				other				
					Today	's Cools				
I					100ay	's Goals				
Meat Fich	, Poultry, Eggs, Protein Supplement 4 servings per	dav			2					
	Ik, Lite Yogurt, Low fat Cheese 6 servings per day				3					
	s 4 servings per day				4					
	ervings per day				5					
	ereal, Rice, Pasta 6 servings per day				6					

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	Plan		Actual							
Meal 1		Meal 1								
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Meal 3		Meal 3				aerobic				
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Meal 5		Meal 5				biceps				
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	ervings per day				5					
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	s 4 servings per day				4					
	ervings per day				5					
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