Calories

Today's Date:

Calorie Goal. 1900 Calories — Calorie Intake. 19	rie Goal: 1600 Calories	Calorie Intake: 160
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Plan Actual

finish before breakfast 2 eggs, scrambled 1/8 cup cheese 2 slice toast, margarine Meal 2 Meal 2 Meal 3 12 oz skim milk with sf chocolate finished before sandwich 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 finished before sandwich					
2 eggs, scrambled 1/8 cup cheese 2 slice toast, margarine Meal 2 Meal 3 12 oz skim milk with sf chocolate finished before sandwich 1 turkey/ham sandwich, 1 thsp mayonnaise a slice of cheese and tomato 1/4 cup carrots Meal 4 1 cup light yogurt 1/4 cup fresh strawberries Meal 5 small broiled chicken breast 1/4 cup carrot sticks Meal 6 Meal 7 Meal 8 Meal 8 Meal 8 Meal 8 Meal 8 Meal 9 Meal	leal 1 La	atte: 1/2 cup hot milk and 1/2 cup coffee	Meal 1	Latte: 1/2 cup hot milk and 1/2 cup coffee	45
1/8 cup cheese 2 slice toast, margarine	fir	inish before breakfast	41	finish before breakfast	
2 slice toast, margarine Meal 2 small banana 1/4 cup grapes Meal 2 small banana 1/4 cup grapes 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 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream	2 (eggs, scrambled	11	2 eggs, scrambled	160
Meal 2	1/3	/8 cup cheese		1/8 cup cheese	57
1/4 cup grapes 1/4 cup carrots 1/4 cup fresh strawberries 1/4 cup broccoli	2 :	slice toast, margarine		2 slice toast, margarine	210
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 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream	leal 2 s	small banana	Meal 2	small banana	104
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 small broiled chicken breast 1/4 cup carrot sticks Meal 5 small broiled chicken breast 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 Meal 8 Meal 8	1/-	/4 cup grapes	11	1/4 cup grapes	15
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 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream finished before sandwich 1 turkey/ham sandwich, 1 tbsp mayonaise a slice of cheese and tomato 1/4 cup carrot sticks Meal 4 1 cup light yogurt 1/4 cup fresh strawberries Meal 5 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks			1 piece sf chocolate		50
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 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 5 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 Meal 6 Meal 6 Meal 6 Meal 6 J/2 cup sugar free ice cream	leal 3 12	2 oz skim milk with sf chocolate	Meal 3	12 oz skim milk with sf chocolate	165
a slice of cheese and tomato 1/4 cup carrots Meal 4 1 cup light yogurt 1/4 cup fresh strawberries Meal 5 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 5 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 M	fir	inished before sandwich	4 1	finished before sandwich	
1/4 cup carrots 1/4 cup carrot sticks	1 :	turkey/ham sandwich, 1 tbsp mayonnaise	<u> </u>	1 turkey/ham sandwich, 1 tbsp mayonnaise	340
Meal 4 1 cup light yogurt 1/4 cup fresh strawberries Meal 5 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 1/2 cup sugar free ice cream					
Meal 5 small broiled chicken breast 1/4 cup broccoli 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream 1/4 cup strawberries 1/4 cup fresh strawberries 1/4	1/4	/4 cup carrots		1/4 cup carrot sticks	16
Meal 5	ieal 4 1	cup light yogurt	Meal 4	1 cup light yogurt	80
1/4 cup broccoli 1/4 cup carrot sticks 1/4 cup carrot sticks 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream	1/4	/4 cup fresh strawberries	1	1/4 cup fresh strawberries	20
1/4 cup broccoli 1/4 cup carrot sticks 1/4 cup carrot sticks 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream			1		
1/4 cup carrot sticks 1/4 cup carrot sticks 1/4 cup carrot sticks Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream	leal 5 sr	mall broiled chicken breast	Meal 5	small broiled chicken breast	142
Meal 6 1/2 cup sugar free ice cream Meal 6 3/4 cup sugar free ice cream	1/-	/4 cup broccoli		1/4 cup broccoli	11
	1/4	/4 cup carrot sticks]	1/4 cup carrot sticks	16
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1/4 cup fresh raspberries 1/4 cup fresh raspberries	leal 6 1/2	/2 cup sugar free ice cream	Meal 6	3/4 cup sugar free ice cream	150
	1/4	/4 cup fresh raspberries	\mathbb{H}	1/4 cup fresh raspberries	20
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			<u> </u>		

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

l followed my meal plan great. It was so easy because
l planned ahead and had all of the food on hand.

Difficulties Encountered Today

was really tired this morning-only walked 20	
ninutes on the treadmill-go to bed earlier tonight.	

Exercise Today

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	

Today's Date:

Calorie Goal: 1600 Calo		Calori	e Intake:	Positi	ve Feelings About 1	Гoday		
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					chest			
					shoulders			
Meal 5		Meal 5			biceps			
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					calves			
Meal 6		Meal 6			other			
				Today	's Goals			
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Meat, Fish	, Poultry, Eggs, Protein Supplement 4 servings pe	r day		2				
Low fat M	lk, Lite Yogurt, Low fat Cheese 6 servings per day			3				
Vegetable	s 4 servings per day			4				
Fruits 5 s	ervings per day			5				
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Low fat Mi	ilk, Lite Yogurt, Low fat Cheese $oldsymbol{6}$ servings per day			3				
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				Today	's Goals			
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