Calories

Today's Date:

Calorie Goal:	1700 Calories	Calorie Intake: 1708

Plan Actual

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 1/8 cup cheese]	2 eggs, scrambled 1/8 cup cheese	160 57
	2 slice toast, margarine		2 slice toast, margarine	210
Meal 2	small banana	Meal 2	small banana	104
	1/4 cup grapes	∄	1/4 cup grapes	15
		31	1 piece sf chocolate	50
Meal 3	12 oz skim milk with sf chocolate	Meal 3	12 oz skim milk with sf chocolate	165
	finished before sandwich	41	finished before sandwich	
	1 turkey/ham sandwich, 1 tbsp mayonnaise	1	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	Meal 4	1 cup light yogurt	80
	1/4 cup fresh strawberries	<u> </u>	1/4 cup fresh strawberries	20
		1		
Meal 5	small broiled chicken breast	Meal 5	small broiled chicken breast	142
	1 slice melted cheese	41	1 slice melted cheese	107
	1/4 cup broccoli	41	1/4 cup broccoli	11
	1/4 cup carrot sticks	<u></u> ∐.	1/4 cup carrot sticks	16
Meal 6	1/2 cup sugar free ice cream	Meal 6	3/4 cup sugar free ice cream	150
	1/4 cup fresh raspberries	71	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

Positive	Feelings	About	Toda
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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

minutes at 3.2 n	nph	
exercise	weight	reps

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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					steps			
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 Goals			
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	, Poultry, Eggs, Protein Supplement 4 servings pe			2				
Low fat M	lk, Lite Yogurt, Low fat Cheese 6 servings per day			3				
	s 4 servings per day			4				
Fruits 5 s	ervings per day			5				
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