

Barix On-Track Daily Log

Today's Date:

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 *look for a new dinner recipe*
- 4 *call gym to find out about personal trainer*
- 5
- 6

	Plan	Actual	Calories	Protein (gm)
Meal 1	1/2 cup egg substitute, scrambled	1/2 cup egg substitute, scrambled	46	
	1/8 cup cheese	1/8 cup cheese	57	
	1 slice toast, spray butter	1 slice toast, margarine	140	
Meal 2	1/2 small banana	1/2 small banana	52	
	1/4 cup grapes	1/4 cup grapes	15	
Meal 3	1/2 turkey sandwich	8 oz skim milk with sf chocolate	120	
	a slice of cheese and tomato	finished before sandwich		
		1/2 turkey sandwich	140	
		a slice of cheese and tomato		
Meal 4	1 cup light yogurt	1 cup light yogurt	80	
Meal 5	small broiled chicken breast	small broiled chicken breast	142	
	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	

Meat, Fish, Poultry, Eggs, Protein Supplement **3** servings per day
 Low fat Milk, Lite Yogurt, Low fat Cheese **4** servings per day
 Vegetables **3** servings per day
 Fruits **2** servings per day
 Breads, Cereal, Rice, Pasta **4** servings per day
 Free Choice 100 Calories daily

