



Nutrition and Exercise Record

Date _____

| | | | | | | |
|-----|-----|----------------|-----|-------|-----|-----|
| Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
|-----|-----|----------------|-----|-------|-----|-----|

| TIME | IDs* | FOOD | PORTION | CALORIES |
|-------|------|---------------------------------|--------------|--------------------|
| 7:30a | M | Maple & brown sugar oatmeal | 1 packet | 160 |
| | | Apple | 1 small | 75 |
| | | Coffee w/French vanilla creamer | 8oz/1tbsp | 35 |
| | | Skim milk | 8 oz | 80 |
| | | | | 350 cal |
| 12:00 | M | Wheat bread (for sandwich) | 2 slices | 130 |
| | | Deli turkey | 2 oz | 60 |
| | | Cheese single | 1 slice | 60 |
| | | Light mayonnaise | 1 tbsp | 50 |
| | | Side salad w/assorted veggies | 2 cups | 25 |
| | | Homemade ranch dressing | 2 tbsp | 110 |
| | | Fresh pineapple chunks | 1 cup | 80 |
| | | | | 515 cal |
| 3:30p | S/H | Red pepper strips | 1 cup | 30 |
| | | Hummus | 1/4 cup | 110 |
| 6:30p | M | Grilled salmon | 3 oz | 155 |
| | | Wild rice | 1 cup | 165 |
| | | Asparagus | 1 cup | 40 |
| | | Thin Mint Girl Scout cookies | 2 | 80 |
| | | Skim milk | 8 oz | 80 |
| | | | | |
| | | | | |
| | | | | |
| | | | TOTAL | 1525 |

| 1600 CALORIE PLAN | | | | | |
|---------------------------------|---|---|----|----|----|
| PROTEIN (5 oz-equivalents) | | | | | |
| X | X | X | X | X | X |
| GRAINS (5 oz-equivalents) | | | | | |
| X | X | X | X | X | |
| FRUIT (3 1/2-cup servings) | | | | | |
| X | X | | | | |
| VEGETABLES (4 1/2-cup servings) | | | | | |
| X | X | X | X | X | X |
| DAIRY (3 cups) | | | | | |
| X | X | X | | | |
| FAT (1 1/2 tablespoons) | | | | | |
| X | X | X | | | |
| WATER (48+ ounces) | | | | | |
| X | X | X | X | X | X |
| | | | 48 | 56 | 64 |
| | | | 72 | 80 | |

- *IDENTIFIERS**
- | | | |
|-----------------|----------------|----------------------|
| (M) Meal | (H) Hungry | (P) Party |
| (S) Snack | (N) Not hungry | (D) Dining out |
| (T) TV/computer | (B) Bored | (E) Emotional/stress |

COMMENTS:
Overate big time at the restaurant last night – had a MUCH better day today! Feels good to be back on track!

| EXERCISE AND PHYSICAL ACTIVITY | |
|--------------------------------|----------------------------|
| Aerobic | 10 mile bike ride |
| Strength | 25 push ups 50 crunches |

| DAILY SELF EVALUATION | |
|-----------------------------------|---|
| Did I record everything I ate? | (Y) N |
| Did I choose healthful foods? | (Y) N |
| Did I meet my fluid goal? | Y (N) |
| Did I exercise? | (Y) N |
| Did I skip meals? | Y (N) |
| My effort: 1 2 3 4 5 6 7 (8) 9 10 | |
| Success/challenge of the day: | <i>Definitely met my vegetable goal today!!</i> |