



Practice Assignment The Food and Activity Journal

Practice					Practice				
Food Plan: 1200 Calories					Food Plan:				
Positive Thought. "What you get by achieving your goals is not as important as what you become by achieving your goals". - Zig Ziglar					Positive Thought. "Conceive it. Believe it. Achieve it!" - Unknown				
Record foods, amount, time			Tracking		Record foods, amount, & time			Tracking	
10am. 1/2 Plain Bagel, inside scooped; weighs 1.5 oz 2 Tbsp Lite Cream Cheese/chives 4 oz orange juice 8 oz coffee with 2 Tbsp coffee mate lite			120 cal, 1.5 bd (2) 60cal; 1.5 fat (1) 60cal, 1 fr (1) 1 c Fluid 45 cal, 1 fat (1)						
11am 2c water			2c Fluids						
1pm. 2 oz turkey breast 2 c mix green vegetables 2 Tbsp FF vinaigrette 1 sm tomato 1c watermelon 1c ice tea			110 cal, 2 mt; (2) free (0) free (0) 25cal, 1 veg (0) 60cal, 1 fr (1) 1c fluid						
3pm. 1c water, 2c FF popcorn			1c fluid 1c fluid						
5pm. 1c crystal-lite punch			65cal; 3/4 bd; (1) 1 cup fluid						
8pm. 3 oz grilled salmon 4 oz sweet potato with artificial sweetener; cinnamon, 2 tsp FF margarine 1c steamed broccoli 1c ice tea			165 cal, 3 mt (4) 105cal;1.5 bd (1) free, free, free 50 cal; 2 veg (0) 1c fluid						
10pm. 1c LF ice cream with 2 Tbsp cool whip lite and 1 Tbsp low sugar jam 1c crystal-lite punch			220cal, 2 mk; 1 fat, 20cal, 1/2 fat 30 cal, 1/2 fr (0) 1c fluid						
Summary					Summary				
Calories	Protein	Fat	Carbs	Points	Calories	Protein	Fat	Carbs	Points
1032	67	33.5	114	19					
Food Groups					Food Groups				
Vegetable	3	Fruit	2.5	Vegetable					Fruit
Bread/Starch	2.5	Milk	2	Bread/Starch					Milk
Meat	5	Fat	2.5	Meat					Fat
Fluid	8 cups	Optional Calories	0	Fluids					Optional Calories
Exercise					Exercise				
Type of Exercise: Dog Walking					Type of Exercise:				
How long (in minutes): 30 minutes					How long (in minutes)				
Notes/Goals/Thoughts. I felt really hungry today. Kept busy outside the house and away from places that serve food. Took photos of Snoopy for children's book.					Notes/Goals/Thoughts.				