

Day (circle one) 1 2 3

Name Bucky Blazer Date \_\_\_\_\_ Period 1

Write in your food choices for today (drinks, snacks, etc - read your food labels)	Serving Size	Number of servings	Food Group, (G)grains, (V)vegetables, (F)fruits, (D)dairy, (P)protein	Calories	Fat Grams or Calories from Fat	Totals
<b>Breakfast</b>						
1. Thomas <sup>whole</sup> Grain Bagel	1 bagel	1	G	95	3 calories	95/3
2. Fuji Apple	1	1	F	249	18 calories	249/18
3. Glass of water	8oz	3		0	0	0/0
4.						
<b>Lunch</b>						
1. McDonald's <sup>1/4 lb w/cheese</sup>	1	2	G, P, D, V	1,080	504 cal.	1080/504
2. Lg. Fries	1	1	V	510	216 cal.	510/216
3. Lg. Diet Coke	8oz	3		0	0	
4.						
<b>Dinner</b>						
1. Burrito w/beans Cheese and Beef	1	2	G, D, P	662	240	662/240
2. Large Coke	1	1		216	0	216/0
3. Chocolate cake	1	1		235	94	235/94
4.						
				<b>Total Lunch Calories:</b>		<b>1590/720</b>
				<b>Total Dinner Calories:</b>		<b>1113/334</b>

How did you do today? \_\_\_\_\_ Great \_\_\_\_\_ So-So  Not so Great

Exercise/Activity today? 60 minutes stationary bike How many calories did you burn? 580

Goal for tomorrow? Eat more fruits and vegetables, continue to workout

## Junior/Senior Physical Education

### Calories Burned

A 154-pound person who is 5'10" will use up (burn) about the number of calories listed doing each activity below. Those who weigh more will use more calories; those who weigh less will use fewer calories.

<b>Moderate</b>	<b>1 hour</b>	<b>30 min</b>	<b>Vigorous</b>	<b>1 hour</b>	<b>30 min</b>
Hiking	370	185	Running/Jogging (5mph)	590	295
Yard Work	330	165	Bicycling (over 10 mph)	590	295
Dancing	330	165	Swimming Laps	510	255
Golf (walking)	330	165	Aerobics	480	240
Bicycling (less than 10 mph)	290	145	Walking (4.5 mph)	460	230
Walking	280	140	Chopping Wood	440	220
Light Wt. Training	220	110	Med/Heavy Wt. Training	440	220
Stretching	180	90	Basketball pickup game	440	220

You should be physically active for at least 150 minutes each week.

### Food Groups

Based on a 2400 calorie consumption, your goals are:

**(G) Grains – 8 ounce equivalents.** Examples: 1 ounce equivalent is about 1 slice of bread; 1 ounce ready to eat cereal; or ½ cup cooked rice, pasta, or cereal

Make at least half your grains whole grains

**(V) Vegetables – 3 cups.** Examples: 1 cup is 1 cup raw or cooked vegetables; 2 cups leafy salad greens; or 1 cup 100% vegetable juice.

Aim for variety every day; pick vegetables from several subgroups.

**(F) Fruits – 2 cups.** Examples: 1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, 100% fruit juice.

Select fresh, frozen, canned and dried fruit more often than juice

**(D) Dairy – 3 cups.** Examples: 1 cup is 1 cup milk, yogurt, 1 ½ ounces natural cheese, or 2 ounces of processed cheese.

Include fat-free and low-fat dairy foods everyday

**(P) Protein – 6 ½ ounce equivalents.** Examples: 1 ounce equivalents is 1 ounce lean meat; poultry; or seafood; 1 egg; 1 tablespoon peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds.

Aim for variety