## Daily Food and Exercise Tracker

The simple act of tracking a behavior can change the behavior.
Date: $1 / 15$ Weight: 150 Calorie Goal: 1600 Exercise Goal: 30-45 min
Place your cursor where you would like to type. Hit the tab key after each numerical entry.

| Meal (Time/Place/Activity/Mood) | Food and Drink <br> (Amount Consumed) | Calories Consumed |
| :---: | :---: | :---: |
| BREAKFAST <br> 7:00 a.m. <br> Getting son ready for school Tired, have a headache | Fruit and Caramel Oatmeal (2 pkts instant oatmeal, blueberries, 1 med banana, 2 Tbsp chopped pecans, <br> 2 tsp caramel topping) <br> 1 cup fat-free milk <br> 1/2 of a whole-wheat English muffin with 1 tsp margarine | $231$ <br> 90 <br> 103 |
| AM SNACK <br> 9:50 a.m. <br> Feeling hungry, getting ready for meeting | 1 Tbsp peanut butter <br> Small apple, sliced | $\begin{aligned} & 95 \\ & 57 \end{aligned}$ |
| LUNCH <br> 12:15 p.m. <br> Ate at desk while working | Chicken-vegetable soup (1-1/4 cups) <br> Old-fashioned cornbread ( $1 / 10$ of pie tin) <br> 1 tsp margarine <br> 2.5 cups mixed vegetable salad with 1 Tbs Italian dressing | $\begin{gathered} 234 \\ 129 \\ 35 \\ 93 \end{gathered}$ |
| AFTERNOON SNACK 3:00 p.m. Have munchies, feeling rushed | 1 cup raw celery sticks and carrot sticks <br> 1 Tbsp Ranch dressing | $\begin{aligned} & 32 \\ & 73 \end{aligned}$ |
| DINNER <br> 6:00 p.m. <br> Kitchen table <br> Talking \& eating <br> Feeling good/happy tonight | Spinach-Feta Bake (1/6 of pie) <br> 1 cup fresh red raspberries <br> 1 soft breadstick <br> 1 tsp margarine <br> Small unfrosted brownie (2 inches) | $\begin{gathered} 156 \\ 64 \\ 41 \\ 35 \\ 120 \end{gathered}$ |
| PM SNACK <br> 7:00 p.m. <br> Recliner in living room, feel tired, have a sore back | 2 cups popped popcorn (no added fat) 1/2 cup orange juice | $\begin{aligned} & 30 \\ & 56 \end{aligned}$ |
| WATER | Mark a block for each 8 oz. glass of water you drink. $\begin{array}{llllllll} x & x & x & x & x & x & x & x \\ \hline \end{array}$ |  |
| + | TOTAL NUMBER OF CALORIES CONSUMED: | 1674 |
| Exercise <br> (Time/Amount/Intensity/Steps) | Activity Performed | Calories Burned |
| 15 minutes <br> 15 minutes <br> 10 minutes | walk/jog <br> Recumbent cycle <br> Weight lifting | $\begin{aligned} & 136 \\ & 136 \\ & 34 \end{aligned}$ |
| - | TOTAL NUMBER OF CALORIES BURNED: | 306 |

= TOTAL DAILY NET CALORIES: 1368
(Total Calories Consumed minus Total Calories Burned)

