



WEEKLY RECORD

Name _____

Date _____

Each X will designate approximately 100 calories, which will be either consumed or burned. The calories needed to maintain your present body weight is approximately _____ calories per day. In order to lose 1 pound of body fat, you must create a deficit of 3500 calories. Eating fewer calories or burning more will do this. A rate of ½ pound to 1 pound per week is suggested.

Example: If 1800 calories is what is needed to maintain your body weight, a deficit of 500 calories per day will create 1 pound of weight loss per week. You could do this by limiting intake to 1,300 calories or by eating 1800 calories and exercising 500 per day. Usually a combination of the 2 works best. Each X on the exercise side will cancel out an X on the intake side.

GOAL	Water	Grain	Milk	Fruit	Veggie	Meat	Fat	Other	Exercise	Total	Deficit
MON								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
TUES								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
WED								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
THUR								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
FRI								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
SAT								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
SUN								<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
TOTAL											

WEEKLY GOAL: _____

WEEKLY SUCCESSES: _____

- All breads and starches are 100 calories. (X) A serving is a piece of bread or ½ cup of starch, such as potatoes, butter beans, rice, peas, and pasta.
- Low fat milk products such as skim milk or sugar-free low fat yogurt are 100 calories. (X) A serving is 8 oz. of each.
- A serving of fruit is 50 calories. (/) A serving is typically a piece of fruit, ½ cup of canned fruit, or ½ cup of fruit juice.
- Vegetables are considered free foods. They should be marked with a V, so that they will not be counted at the end of the day. These vegetables are non-starchy vegetables such as green beans, broccoli, turnip greens, turnips, carrots, cauliflower, asparagus, squash, and tomatoes.
- Each ounce of lean meat is approximately 50 calories. (/) Lean meats are poultry, fish, certain cuts of pork and beef.
- Each serving of fat is approximately 50 calories. (/) A serving is usually a teaspoon of margarine, butter, oil or mayonnaise, or one tablespoon of salad dressing.
- Others is a food group which provide calories but very little nourishment. The calorie level for others should be determined by reading the label.
- Walking or running 1 mile burns 100 calories. (X)