

3-Day Food and Exercise Diary
EXTRA CREDIT- TOTAL 25 points!!!!

Do whatever parts of this you want..or go for all of it!

Due: NOVEMBER 18th

1. Keep an accurate 3 day food diary...including beverages, condiments, and portions as close as you can. ½ cup, 1 cup, etc (2 points)

2. Keep an accurate 3 day record of all your activity...walking to school, working out, cleaning house, working in the yard. Etc (2 points)

3. Analyze your 3 days of food records using websites such as www.usda.gov, sparkpeople.com, fitday.com, caloriking.com, livestrong.com

Let me know what site you used (5 points)

4. Analyze your 3 days of exercise using tools in the book or the METS list I gave you. Let me know what you used. (5 points)

5. Calculate your calorie needs based on the formula I gave you or one from the book. Let me know what one you used. (1 points) (remember this is for goal weight/healthy weight...may or may not be your current weight)

6. Calculate protein needs. (1 point) Healthy weight for you in pounds /2 = grams of protein per day....subtract 10g for inactive person or add 10g for active person.

Or you can use 0.8 grams protein/kg (inactive), 1.0 g/kilo (bit active), or 1.2 g/kilo (very active) (using a healthy weight for you.....to convert from pounds to kilo divide by 2.2)

Let me know which calculation you used.

7. Reflect on what you did food-wise....were your calories in a good place, did you get enough protein. Any suggestions you can make for yourself? (5 points)

8. Reflect on what you did for activity....Any suggestions for yourself (4 points)

NOTE: if this project isn't "safe" for you do to on YOURSELF, it's totally fine to analyze a friend, boyfriend/girlfriend, or family member. I don't want to have an eating disorder rear its ugly head.

