

## Intro. To P.E. Ch. 9: Nutrition

For **THREE** days, you need to record your diet, exercise, and daily activities. Record on the following sheet everything you eat and drink **PLUS** your daily activities with a time frame.

**DAY 1:** \_\_\_\_\_ (date)

**Breakfast:**

**Lunch:**

**Dinner:**

**Snacks:**

**Daily activities plus the amount of time spent doing them:**

**DAY 2:** \_\_\_\_\_ (date)

**Breakfast:**

**Lunch:**

**Dinner:**

**Snacks:**

**Daily activities plus the amount of time spent doing them:**

**DAY 3:** \_\_\_\_\_ (date)

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Daily activities plus the amount of time spent doing them:**

**DAY 4:** \_\_\_\_\_ (date)

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Snacks:** \_\_\_\_\_

**Daily activities plus the amount of time spent doing them:**

## Ch.9 Nutrition

Go to the following websites and figure out the number of calories you consumed over the three day period along with the number of calories burned off.

[www.acaloriecounter.com](http://www.acaloriecounter.com)

[www.my-calorie-counter.com/Activity\\_Calorie\\_Calculator.asp?Page=10](http://www.my-calorie-counter.com/Activity_Calorie_Calculator.asp?Page=10)

[caloriecount.about.com](http://caloriecount.about.com)

[www.spark-people.com](http://www.spark-people.com)

[www.my-calorie-counter.com](http://www.my-calorie-counter.com)

[mypyramidtracker.gov](http://mypyramidtracker.gov)

### Day 1:

Food/Calories

Beverages/Calories

Total Calories Consumed \_\_\_\_\_

Activities/Calories Burned

Total Calories Burned \_\_\_\_\_

### Day 2:

Food/Calories

Beverages/Calories

Total Calories Consumed \_\_\_\_\_

Activities/Calories Burned

Total Calories Burned \_\_\_\_\_

### Day3:

Food/Calories

Beverages/Calories

Total Calories Consumed \_\_\_\_\_

Activities/Calories Burned

Total Calories Burned \_\_\_\_\_

