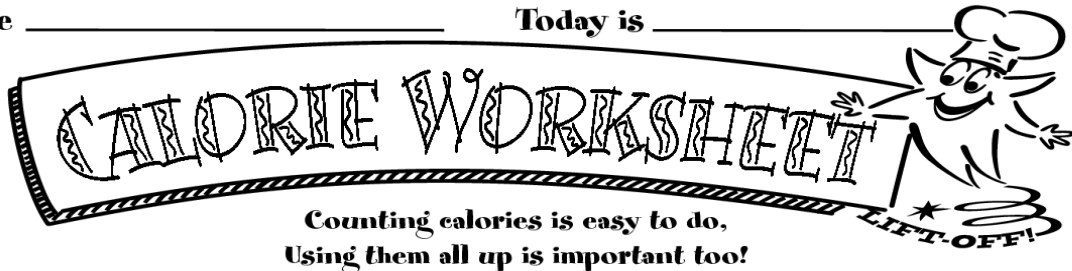


Name _____

Today is _____



Counting calories is easy to do,
Using them all up is important too!

1 List five foods you ate today:

Foods I ate today	Calorie value
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1. _____
2. _____
3. _____
4. _____
5. _____

Total calories eaten _____

2 What activities did you or could you do to use up the calories you ate?

Activity	Calories Used/hour
----------	--------------------

1. _____
2. _____
3. _____
4. _____
5. _____

Total calories used _____

3 How many calories do these meals have?
What could you substitute to reduce the number of calories in each meal?

Foods	Calories	Substituted Food	Calories
Hamburger _____	_____	_____	_____
French Fries _____	_____	_____	_____
Soda _____	_____	_____	_____
Cupcake _____	_____	_____	_____
Total _____	_____	_____	_____

Roasted Chicken _____	_____	_____	_____
Mashed Potatoes _____	_____	_____	_____
Green Beans _____	_____	_____	_____
Milk _____	_____	_____	_____
Chocolate Ice Cream _____	_____	_____	_____
Total _____	_____	Total _____	_____

4 If you ate 800 calories, what activities could you do to use the calories?

Activity Time	Calories Used
---------------	---------------

1. _____
2. _____
3. _____
4. _____
5. _____

Total calories used _____ **800**

5 Name 3 low-calorie snacks that you like to eat:

1. _____
2. _____
3. _____