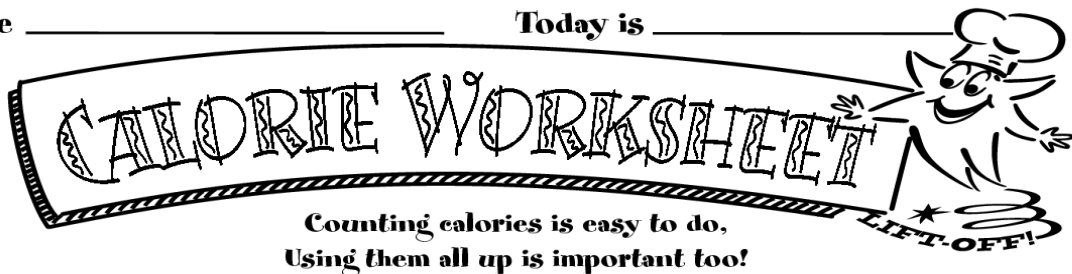


Name \_\_\_\_\_

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

Total calories eaten \_\_\_\_\_

# 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 _____

# 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 \_\_\_\_\_

# 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. \_\_\_\_\_