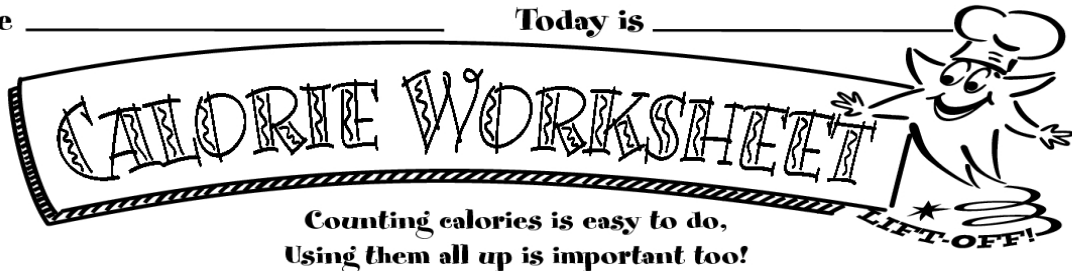


Name \_\_\_\_\_

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
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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 _____	_____	_____	_____
<b>Total</b> _____	_____	_____	_____

Roasted Chicken _____	_____	_____	_____
Mashed Potatoes _____	_____	_____	_____
Green Beans _____	_____	_____	_____
Milk _____	_____	_____	_____
Chocolate Ice Cream _____	_____	_____	_____
<b>Total</b> _____	_____	<b>Total</b> _____	_____

**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. \_\_\_\_\_