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Calorie Tracker

To track your consumed and expended calories, pick a day that has your usual amount of physical activity and food that you eat. Record your results in step one through five and complete the reflection questions in step six.

Step 1:

Log your food (all meals, snacks and beverages) and activity (exercise) for one day in the chart below.

Step 2:

Using the charts below, search the MyFitnessPal Food Search Tool for the calories consumed and Exercise Search Tool for the calories expended.

Sample:

Calories Consumed				**Calories Expended**		
Meal Type	Food/Beverage	Portion Size	Caloric Value	Physical Activity	Minutes	Caloric Value
Lunch	turkey sandwich	1 sandwich	230	Basketball	20 min.	92

Calorie Log Date:_____

Calories Consumed				**Calories Expended**		
Meal Type	Food/Beverage	Portion Size	Caloric Value	Physical Activity	Minutes	Caloric Value

DAY ONE TOTAL CALORIES **CONSUMED** = _____				DAY ONE TOTAL **EXPENDED ACTIVITY** CALORIES = _____		

Step 3:

Use this calculator to find your BASAL METABOLIC RATE (BMR)

Step 4:

ADD your BMR calorie total to your TOTAL EXPENDED calories for the day:

BMR calorie total + Expended Activity calories = Total EXPENDED
_____ + _____ = _____

Step 5:

SUBTRACT your TOTAL EXPENDED calories from your TOTAL CONSUMED calories for each day:

Consumed calorie total - Total EXPENDED calories = Calorie difference
_____ - _____ = _____

Step 6:

Answer the reflection questions using complete sentences.

1. Define calories and explain how the body gets energy.

2. What are your total calories in and total calories out?

3. According to your total calories in and out, will you gain weight, lose weight or maintain your weight over time? Why? If you will gain or lose weight, how long will it take you to gain or lose one pound of body fat?

4. Let's say you start jogging every day, burning an additional 300 calories a day. At this rate, how long would it take you to lose one pound of body fat?

5. Let's say you start drinking a soda from the school vending machine every day, taking in an additional 200 calories a day. At this rate, how long would it take you to gain one pound of body fat?

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