

CALORIES IN, CALORIES OUT JOURNAL (sample)

Date	Exercise, time & Cal exp	Snack & Calories	Fat Cal	Snack cal – Cal Exp = Stored ???	Before snack I felt...	30 min later I felt...	60 min later I felt...	I snacked because...
3/5	Bike – 30 min – 220 cal	M&Ms 420 cal	160	420 - 220 = 200	OK	Pumped	Tired	I like M&Ms
3/6	Walked – 30 min - 110	Pop 150 cal	0	150 – 110 = 40	Thirsty	Pumped	Tired	Thirsty
3/7	Skied – 60 min - 795	Pop 150 cal Chips 140 cal	0 70	290 – 795 = (505)	Hungry	Great	Tired	Social
3/8								
3/9								
3/10								
3/11								
Total wk 1								
3/12	Skied – 60 min - 795	Friut 100 cal	0	100 – 795 = (695)	Hungry	Great	Great	Hungry
3/13								
3/14								
3/15								
3/16								
3/17								
3/18								
3/19								
Total wk 2								