

AMI Health/PE
Coach Wilhite

List in the columns below all the food and drinks your consumed.

Day	Breakfast	Lunch	Dinner	Snack
1				
2				
3				
4				
5				

List the total number of calories consumed.

- 1.
- 2.
- 3.
- 4.
- 5.

Day	Type of exercise	Calories burned
1		
2		
3		
4		
5		

Subtract your calories burned from the amount consumed.

- 1.
- 2.
- 3.
- 4.
- 5.