FOOD & ACTIVITY JOURNAL

Write one short paragraph (3+ sentences) for each of the four following analysis questions:

1. Compare your recommended daily energy (calories) to the total calories you consumed each day. Did you get enough, too much, or just the right amount? What affected you getting too few or too many calories?

My recommended calories per day: _____

2. Compare your recommended fat, carbohydrate, protein, water, and sodium to your totals from each day. Were you low, high, or just about right with these nutrients?

Recommended amounts:Fat grams:** if you are less than 2,200 calories
per day= max of 65 fat grams
**if you are more than 2,300 calories
per day= max of 80 fat grams

Carbohydrate grams: 300 to 375 grams per day

Protein: 50 to 60 grams per day

Sodium: max of **2,400** mg per day

Water: 8 glasses a day = about **64 ounces** per day

- 3. What were your physical activities and hours of sleep for the 3 days? Did you get at least 60 minutes of activity per day and 8-9 hours of sleep? What helped or hurt you getting or not getting the 60 minutes or enough hours of sleep?
- 4. Look at the types of food you ate. Are you eating from all the food groups? <u>Explain at least one area of your eating habits that you would change or improve.</u>