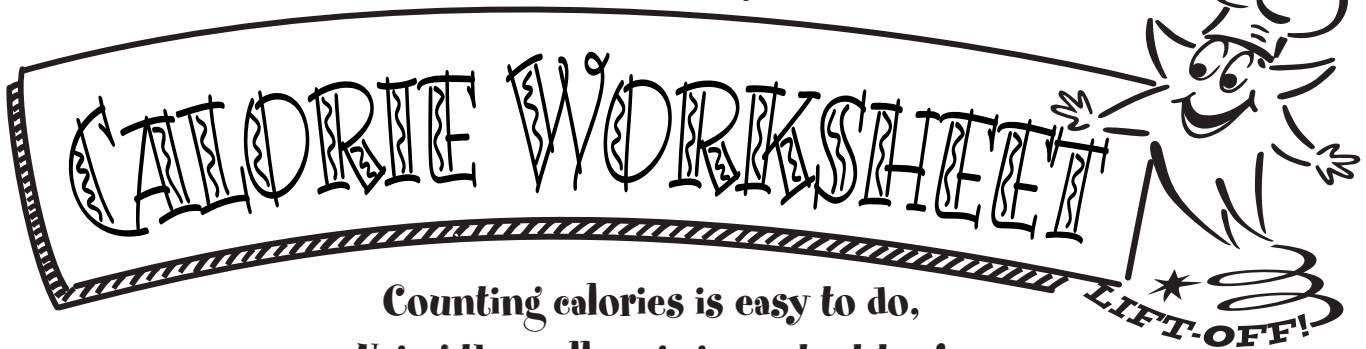


Name _____

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

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

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	_____	_____	_____
Total	_____	_____	_____

Roasted Chicken	_____	_____	_____
Mashed Potatoes	_____	_____	_____
Green Beans	_____	_____	_____
Milk	_____	_____	_____
Chocolate Ice Cream	_____	_____	_____
Total	_____	Total	_____

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. _____