Daily Texercise Log*--Monday, Week One

Daily Log by Calories
Week #___—_____day (/ /)

The Denton 2-Step Texercise Team provides tips and tools for becoming more active and making healthy eating choices. This log will help you keep track of your activity and food intake.

Activity doesn't have to be painful or make you sweat to be good for you. In general, anything that gets you moving—and keeps you moving—helps improve your health. Regular activity helps build healthy muscles, bones, and joints; helps manage weight; lowers the risk of heart disease, colon cancer, and type 2 diabetes; and promotes psychological well-being.

Choose activities you enjoy and can easily incorporate into your daily routine.

What I did today:

Activity	Time Spent in Activity	"Miles" traveled
		TOTAL:

What I ate today:

Although it's easy to lose track of what and how much we eat each day, calories DO count! Here's a tool to help you keep track of your food choices and estimate how many calories they contained.

If you want to lose weight, cutting your calories—even by a little bit each day—can help you reach your goal weight. And increasing your activity can help you reach your goal weight faster.

Remember that there are no "bad" or "good" foods! However, foods do vary in nutrients and calories. Choose a healthy assortment of foods that includes vegetables, fruits, grains, skim milk, fish, lean meat, poultry, or beans. Look for foods that are lower in fats and sugars. Also, make sure you drink lots of water (and/or decaffeinated tea or coffee).

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Food	Calories
	TOTAL

How many calories are enough?

- In most cases, moderately active men who are over the age of 50 will maintain their weight if they consume 15 calories for every pound. For example, a moderately active man who weighs 200 pounds will maintain his weight if he consumes 3,000 calories a day.
- In most cases, moderately active women who are over the age of 50 will maintain their weight if they consume 12 calories for every pound. For example, a moderately active woman who weighs 160 pounds will maintain her weight if she consumes 1,920 calories per day.
- In most cases, relatively inactive men who are over the age of 50 will maintain their weight if they consume 13 calories per pound. For example, a 200 pound man will maintain his weight if he consumes 2,600 calories per day.
- In most cases, relatively inactive women who are over the age of 50 will maintain their weight if they consume 10 calories per pound. For example, a relatively inactive woman who weighs 160 pounds will maintain her weight if she consumes 1,600 calories per day.
- The number of calories you need and types of foods that are best for you may be affected by certain medical problems. Check with your doctor to see what's right for you.

How I feel about today's activity and food intake:

Overall, my activity and food choices for today were:
___very good ___good ___neither good nor bad ___bad ___very bad

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