



# Weekly Progress Chart

Beginning of Week Weight: \_\_\_\_\_

	Shakes/Cereal	Entrees	BeneFit® Bars	Total MR	Fruits & Vegetables	Physical Activity (PA) Calories
Day/Date _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes/Cereal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> ____ Bars	____ MR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Fruit/Veg	____ PA Cals
Day/Date _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes/Cereal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> ____ Bars	____ MR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Fruit/Veg	____ PA Cals
Day/Date _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes/Cereal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> ____ Bars	____ MR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Fruit/Veg	____ PA Cals
<b>3-Day Subtotal</b>	____ Shakes/Cereal	____ Entrees	____ Bars	____ MR	____ Fruit/Veg	____ PA Cals
Day/Date _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes/Cereal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> ____ Bars	____ MR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Fruit/Veg	____ PA Cals
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Day/Date _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Shakes/Cereal	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Entrees	<input type="checkbox"/> <input type="checkbox"/> ____ Bars	____ MR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> ____ Fruit/Veg	____ PA Cals

See chart on back to calculate physical activity calories

## TOTALS FOR THE WEEK

<b>Goal:</b>		<b>At least 14</b>	<b>At least 35</b>	<b>At least 2,000</b>
<b>Actual:</b>	____ Shakes/Cereal	____ Entrees	____ Bars	____ MR
				____ Fruit/Veg
				____ PA Cals

End of Week Weight: \_\_\_\_\_

For phone program only: Assignment  Midweek Call  Triple Imperative®



## Estimate Your Physical Activity (PA):

Your weight in lbs.	Low intensity <i>(like gardening, housework)</i>	Medium intensity <i>(like walking, biking, tennis)</i>	High intensity <i>(like running, climbing stairs)</i>
100–125	1 cal/min	3 cal/min	7 cal/min
126–150	1 cal/min	5 cal/min	9 cal/min
151–200	2 cal/min	7 cal/min	11 cal/min
201–250	2 cal/min	8 cal/min	14 cal/min
251–300	3 cal/min	9 cal/min	16 cal/min
301–400	4 cal/min	10 cal/min	19 cal/min
Over 400	5 cal/min	11 cal/min	22 cal/min

The above calorie values are approximate and can vary depending on the intensity of the activity. Before beginning a physical activity program, you should consult your physician. At higher weights, high intensity activities are not recommended.

## Example of how to calculate your physical activity:

A 210 lb. person did 2 bouts of medium intensity exercise

$$10 \text{ min. walk} \times 8 \text{ cal/min} = 80 \text{ cals.}$$

$$20 \text{ min. walk} \times 8 \text{ cal/min} = 160 \text{ cals.}$$

$$\text{Total PA Cals} = 240 \text{ cals.}$$

*Any physical activity you do will help you to reach the 2,000 calorie goal and beyond!*

## Plan a strong start to the week:

✓ Breakfast:

✓ Snack:

✓ Lunch:

✓ Snack:

✓ Dinner:

✓ Snack:

## Physical Activity:

### Goals for strong start day:

\_\_\_ Shakes/Cereal \_\_\_ Entrees \_\_\_ Fruit/Veg \_\_\_ PA

### Goals for week:

\_\_\_ Shakes/Cereal \_\_\_ Entrees \_\_\_ Fruit/Veg \_\_\_ PA

### Strategies to try: