

MOVE!



WEIGHT MANAGEMENT PROGRAM
FOR VETERANS

Session 11 (Finesse Your Food)

*Did anyone try something new in their diet this past week?

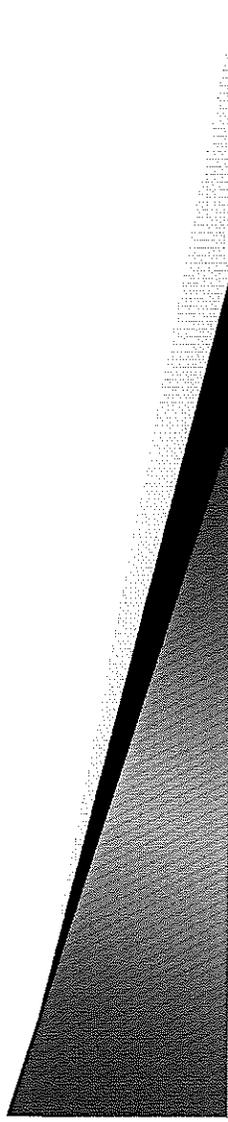
*How are the food logs going?

New Mexico Va health care System



MOVE!

- ▶ Weight Management Team Members:
 - MOVE! Coordinator – Registered Dietitian
 - Extension 4407
 - New Mexico VA Number: (505) 265-1711
 - Please call the MOVE! Coordinator if needing to cancel an appointment
 - Brian Kersh, PHD – Clinical Psychologist
 - Extension 1043
 - Claudia Segura, DPT – Physical Therapist
 - Extension 5280





MODULE ELEVEN

Finesse Your Food



How do I finesse my food choices?

Calories come from three main suppliers of nutrients in your diet, known as macronutrients: carbohydrates, proteins, and fats. They can also come from alcohol that you include with your diet. However, alcoholic beverages do not provide vitamins, minerals, fiber, or other nutritional value. To reduce your intake of calories and unhealthy fats try the meal and snack suggestions in this module. Dietary changes that you can continue long-term will help you to be successful with weight loss and maintain a healthier weight.

Losing weight doesn't have to mean starving yourself. It means understanding what you eat and what you want your life to be going forward."

– Ben, lost 60 pounds

To achieve a healthy eating pattern, most people will need to look closely at their food and beverage selections and adjust them to include nutrient-dense foods and beverages in place of less healthy choices. Some diet changes will be minor and can be done by making simple substitutions, while others will require greater effort to accomplish.

In This Module You Will:

1. Identify the three macronutrients in a healthy diet.
2. Identify at least one healthy substitution you can make to improve your food choices.
3. Learn to recognize a fad diet.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

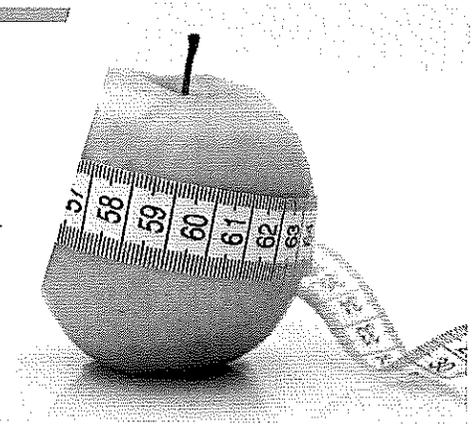
My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Macronutrients

Choose Healthy Carbohydrates

The role of carbohydrates or “carbs” is to provide energy. They are the body’s main source of fuel, needed for physical activity, brain function and operation of the organs. Carbohydrates include sugar, starch, and fiber.



Choose MORE of These Carbs	
Vegetables	<p>Non-starchy Vegetables</p> <ul style="list-style-type: none"> • Brussel sprouts • Carrots • Cauliflower • Eggplant • Greens (kale, chard, collards) • Lettuce (Romaine, iceberg, Bibb) • Okra • Radishes • Spinach • Sprouts • Turnips • Summer squash (yellow or zucchini)
Fruits	<p>Fruits <i>with no sugar added</i></p> <ul style="list-style-type: none"> • Apples (+ unsweetened applesauce) • Blueberries • Grapes • Oranges • Pears • Plums • Raspberries • Watermelon • Strawberries
Grains	<p>Whole grains</p> <ul style="list-style-type: none"> • 100% whole wheat • 100% whole grain • Whole rye grain bread or crackers • Whole wheat pasta • Whole cornmeal • Oats (whole, steel-cut, rolled, quick, instant) • Quinoa • Barley • Bulgar • Brown rice (including instant) • Wild rice • Whole grain cereals • Whole wheat flour • Popcorn
Legumes	<ul style="list-style-type: none"> • Lentils • Beans (kidney, pinto, wax, black, fava, green, garbanzo or chickpeas, cannellini) • Dried peas (black-eyed, sugar snap, mung) • Edamame • Alfalfa sprouts

Choose FEWER of These Carbs	
Vegetables	<p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Corn • Lima beans • Peas (green, snow, split) • Plantain • Potatoes • Pumpkin • Sweet potatoes • Taro • Winter squash (butternut, acorn, Kobacha) • Yams • Parsnips • Cassava (yuca)
Fruits	<p>Fruits <i>with sugar added</i></p> <ul style="list-style-type: none"> • Sweetened Applesauce • Most dried fruit, like cranberries • Fruit Rollups • Fruit Sorbet • Fruit juice* <p>*Most fruit juice contains as many carbs as sugar-sweetened beverages. Instead of drinking juice, try adding a small amount of fruit to water. If juice is a must, choose 100% fruit juice with no added sugar in limited amounts.</p>
Grains	<p>Refined-grains</p> <ul style="list-style-type: none"> • Wheat germ • Wheat bran • White bread • White flour • Pasta, crackers and baked goods made with "enriched" wheat flour* • Pastries • Cookies • Cakes <p>*Cracked wheat, stoned wheat, wheat berry, 100% wheat, seven-grain, multigrain – all are made from mostly refined grains, not whole grains.</p>

Which healthy carbs are you already using in your diet?

Which less healthy carbs could you decrease in your diet?

MODULE ELEVEN

Eat Your Protein

Protein provides amino acids, the basic building blocks of the body. We need protein to keep our bodies in good working order, repair body cells as they wear out, and protect us from bacteria and viruses. Foods rich in protein are all types of meat, fish, poultry, eggs, milk products, dried beans, and nuts.

Adult men and women need a total of **2-5 ½ ounces of protein per day**, depending on calorie level. Extra protein may be stored in the body as fat. **Consider replacing two beef/chicken/pork meals a week with fish or plant-based protein.**

Protein Options: Seafood/Nuts/Beans/Dairy

- Fish
 - Salmon
 - Tuna
 - Herring
 - Trout
 - Tilapia
- Shellfish
 - Shrimp
 - Crab
 - Crawfish
 - Oysters
- Nuts/Nut Butters
 - Almonds
 - Walnuts
 - Pistachios
 - Pecans
 - Peanuts
 - Cashews
- Dry beans, peas, or lentils
- Eggs
- Greek yogurt
- Low-fat cheese

Protein Options: Meat/Poultry

- Poultry (chicken, turkey)
 - Chicken and turkey without skin
 - Lean or extra lean ground turkey
 - Ground white meat chicken
- Lean beef and pork cuts*
 - Top loin chops
 - Tenderloin
 - Top sirloin
 - Top round (London broil)
 - Round eye
 - Bottom round (rump roast)
 - Round tip, arm, and chuck shoulder
- Extra lean ground beef (90% lean or more)
 - *Choose cuts labeled "Choice" or "Select," instead of "Prime," which usually has more fat. Choose cuts with the least amount of visible fat (marbling). Even then, trim any visible fat before preparing the beef.

Write down some ways you can incorporate meatless meals into your menu planning. For example, what new recipes could you try or recipe substitutions would you make?

Go Good Fat!

Fats help the body absorb certain vitamins, produce hormones, and build body tissues. Fats are important for the brain and the central nervous system. The four major types of fats are: **monounsaturated fats**, **polyunsaturated fats**, **saturated fats**, and **trans fats**.



Adequate fat is an important part of a healthy diet. **Most dietary fat should come from unsaturated fats, especially from fatty fish, seeds and nuts that provide omega-3 fatty acids.** Eating two 3-ounce servings of fish per week meets the recommendation for omega-3, which is linked to decreased inflammation. Monounsaturated and polyunsaturated fats are known as “healthy fats” because they are good for your heart, cholesterol levels, and overall health. These fats tend to be “liquid” at room temperature.

Small amounts of fat (less than 10% of your calorie intake) can come from saturated fats. Trans fats and foods containing trans fats (partially hydrogenated oil) should be avoided. Try replacing sources of saturated and trans fat in your diet with unsaturated options. For example, replace butter on your toast with a smear of mashed avocado. Instead of chips, try 10 olives or 20 nuts for a snack.



Smart Alex

“Cholesterol is a waxy substance found naturally in the blood. It is mainly produced in the liver, but also found in foods such as red meat, high fat cheese, butter, and eggs. Cholesterol is essential for maintaining good health and only becomes a problem when the level in your blood is too high.

Know your cholesterol test results:

LDL (low density lipoprotein cholesterol) is “bad”—you want to lower this number.

HDL (high density lipoprotein cholesterol) is “good”—you want to increase this number.”

MODULE ELEVEN

Healthy Fats	Food Sources	
Monounsaturated fat <i>Lowers LDL</i>	<ul style="list-style-type: none"> • Olives and olive oil • Canola oil • Sunflower oil • Peanut oil 	<ul style="list-style-type: none"> • Avocados • Nuts and seeds • Peanut butter
Polyunsaturated fat <i>Lowers Triglycerides and raises HDL Cholesterol</i>	<ul style="list-style-type: none"> • Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) • Ground flaxseed • Walnuts • Corn oil 	<ul style="list-style-type: none"> • Soybean oil • Safflower and cottonseed oils • Soymilk • Tofu
Unhealthy Fats	Food Sources	
Saturated fats <i>Increases total cholesterol levels including HDL and LDL</i>	<ul style="list-style-type: none"> • High-fat cuts of meat (beef, lamb, pork) • Chicken with the skin • Whole-fat dairy products • Butter • Ice cream 	<ul style="list-style-type: none"> • Cheese • Lard • Palm and coconut oil (snack foods, non-dairy creamers, whipped toppings)
Trans fats <i>Increases total cholesterol levels including LDL and lowers HDL cholesterol</i>	<ul style="list-style-type: none"> • Stick margarine • Vegetable shortening • Candy bars • Fried foods (French fries, fried chicken, chicken nuggets, breaded fish) • Packaged snack foods (crackers, microwave popcorn, chips) 	<ul style="list-style-type: none"> • Pre-mixed products (cake mix, pancake mix, chocolate drink mix) • Commercially baked pastries, cookies, donuts, muffins, cakes, pizza dough, pie crust • Powdered coffee creamer

What types of heart-healthy fats (mono and polyunsaturated fats) are you already using in your diet?

What types of unhealthy fats are you using? How might you replace them with healthier substitutions?

Find the Fat

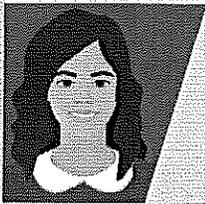
Most of the fat we eat (70%) is hidden in foods, meaning you can't visibly see it like you can on a steak. Look at how much fat and calories are in a typical fast food lunch.

	Fat Grams	Total Calories
Fried fish sandwich	26	440
Large French fries	22	400
Apple turnover, fried	15	260
Vanilla milkshake	10	334
Total:	73	1434

73 grams of fat is about 18 teaspoons of fat. That's almost a whole stick of butter!

Typically, frying food triples the calories compared to other cooking methods that don't require added fat.

Write down some foods you eat that are high in fat.



Teresa's Tips

"Fat has more than twice the calories found in carbohydrates or protein. Eating less fat can help you eat fewer calories."

Macronutrient	Calories per Gram
Carbohydrates	4
Protein	4
Fat	9

Think about finding lower fat choices. Instead of a doughnut, choose toast or an English muffin made with whole grains. Have an orange instead of potato chips, or a grilled chicken sandwich instead of a cheeseburger. You get the idea!

Use the MOVE! Coach App or other food tracker to fill in the table.

How many calories can you save by making these switches?

	Fat Grams	Total Calories
<i>Instead of...</i> 2 chocolate chip cookies		
<i>Choose....</i> 6 animal crackers		
<i>Instead of..</i> 1 cup 2% milk		
<i>Choose...</i> 1 cup fat-free milk		

Making Healthy Substitutions

Recipe Smart Stand-Ins

Use the following tips to trim excess calories, fat, and cholesterol from your favorite recipes.



If your recipe calls for:	Try these healthy substitutions:
Whole or 2% milk	<ul style="list-style-type: none"> • Fat-free milk (non fat/skim) • Low-fat milk (½% or 1%)
Cream	<ul style="list-style-type: none"> • Evaporated fat-free milk • Fat-free half-and-half
Whipped cream	<ul style="list-style-type: none"> • Whip chilled, evaporated fat-free milk
Sour cream	<ul style="list-style-type: none"> • Fat-free or low-fat sour cream • Plain low-fat yogurt or Greek yogurt
Mayonnaise	<ul style="list-style-type: none"> • Light, low-fat, or fat-free mayonnaise • Mayonnaise made with olive oil • Fat-free plain yogurt • Mashed avocado
Cream cheese	<ul style="list-style-type: none"> • Reduced-fat or fat-free versions (no fat-free for baking)
Ricotta cheese	<ul style="list-style-type: none"> • 1% cottage cheese • Skim or non-fat ricotta
Whole-milk cheese (regular cheese)	<ul style="list-style-type: none"> • Part-skim milk mozzarella • Low-fat or reduced-fat cheese (made with 1% or 2% milk)
Butter, lard, shortening	<ul style="list-style-type: none"> • Depending on the recipe, use canola or olive oil • In baking, swap 1 cup mashed ripe banana or avocado puree for 1 cup of butter
Oil (in baking)	<ul style="list-style-type: none"> • Replace half the oil with unsweetened applesauce (Example: a recipe using 1 cup of oil would use ½ cup oil and ½ cup applesauce)

1 egg yolk	<ul style="list-style-type: none"> • 1 egg white
1 egg (as thickener)	<ul style="list-style-type: none"> • 1 tablespoon flour
1 whole egg	<ul style="list-style-type: none"> • 2 egg whites • 1 egg white and 2 teaspoons of oil • 1 tablespoon flax seed (flax meal) with 3 tablespoons of warm water—whisk with fork, combine, let sit for 5-10 minutes—substitute for 1 egg in baking
Nuts, coconut	<ul style="list-style-type: none"> • Use fewer nuts and toast them to enhance flavor
Frosting	<ul style="list-style-type: none"> • Sifted confectioner's sugar • Top with sifted cocoa powder • Meringue
Luncheon meats	<ul style="list-style-type: none"> • Low-fat varieties – skinless turkey, chicken, or lean ham
Sausage	<ul style="list-style-type: none"> • Lean ground turkey • Veggie sausage
Bacon	<ul style="list-style-type: none"> • Canadian bacon • Turkey bacon • Lean ham Prosciutto or pancetta
Cream soups	<ul style="list-style-type: none"> • Fat-free broths • Broth-based soups • Fat-free (skim) milk-based soups

Through the program, I began to eat less processed carbohydrates, more fruits and vegetables, and more lean meats. Now, I am also conscious of foods high in sodium, fat, and cholesterol—I'm trying to eat less of those foods."

– Robert, lost 46 pounds



MODULE ELEVEN

Snack Attack

When you need a snack, consider these lower calorie foods to manage your weight and your hunger. Check off the snacks you want to try!

Under 100 Calorie Snacks	100-200 Calorie Snacks
<input type="checkbox"/> 1 kosher dill pickle <input type="checkbox"/> 1 cup sugar-free gelatin <input type="checkbox"/> 2 sugar-free ice pops <input type="checkbox"/> 1 sugar-free fudge pop <input type="checkbox"/> 8 oz. miso soup <input type="checkbox"/> 1 cup fat-free Greek yogurt with 2 tsp. sugar-free jam <input type="checkbox"/> 2 brown rice cakes with 2 Tbsp. sugar-free jam <input type="checkbox"/> ½ cup carrots with 1 Tbsp. light ranch dressing <input type="checkbox"/> 3 cups air-popped popcorn <input type="checkbox"/> 1 cup strawberries with 3 Tbsp. nonfat yogurt <input type="checkbox"/> 4 oz. unsweetened applesauce sprinkled with cinnamon <input type="checkbox"/> 1 cup raw vegetables with 2 Tbsp. hummus or fat-free salad dressing <input type="checkbox"/> 3 graham crackers <input type="checkbox"/> 3 vanilla wafers with ½ cup fat-free (skim) milk <input type="checkbox"/> 1 slice cinnamon-raisin toast with 1 tsp. honey <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> 1 cup fat-free yogurt with ½ cup fresh or frozen unsweetened berries <input type="checkbox"/> 1 plain rice cake with 1 Tbsp. peanut butter and a small sliced banana <input type="checkbox"/> ¾ cup fat-free cottage cheese with ¼ cup berries <input type="checkbox"/> Fruit smoothie with ¾ cup nonfat yogurt and ½ cup fruit <input type="checkbox"/> 1 oz. of pretzels <input type="checkbox"/> 1 small whole wheat pita with 1 oz. low-fat cheese and ½ cup vegetables <input type="checkbox"/> 1 small-medium apple with 1 Tbsp. peanut butter <input type="checkbox"/> 1 cereal bar or reduced-fat granola bar <input type="checkbox"/> 2 clementines with 1 string cheese <input type="checkbox"/> 10 baked tortilla chips with ½ cup salsa <input type="checkbox"/> ¼ cup almonds, cashews, or pistachios <input type="checkbox"/> ½ cup low- or nonfat frozen yogurt <input type="checkbox"/> ½ cup cottage cheese with 1 cup pineapple <input type="checkbox"/> ½ cup sorbet or sherbet <input type="checkbox"/> 2 hard-boiled eggs <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Teresa's Tips

"When trying to lose weight, cutting out sweets can be really challenging. There are ways to control those sugar cravings and enjoy dessert without feeling deprived. Try eating fresh fruit after dinner. You can also make a mini-version of your favorite dessert. Sometimes all that is needed is a bite or two to feel satisfied and you can still enjoy your treat. Enjoy an individual frozen treat like low-fat or fat-free frozen fudge pop."

Bring Out the Flavor

Eating healthy doesn't mean your food should be bland. You can bring out the flavor in your foods in many ways. Adding herbs and spices during cooking, substituting low-fat toppings on foods, and healthy cooking techniques can help you spice up your foods (see Module 7 for healthy cooking options). Use herbs and spices to add extra flavor to food without adding salt or calories. Try some of these recommendations at your next meal!



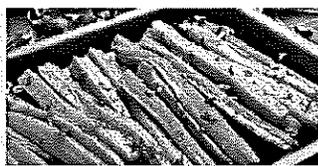
Sweet Seasonings (to replace sugar)	Savory Seasonings (to replace salt)
<ul style="list-style-type: none"> • Allspice • Anise • Caraway • Cardamom • Cloves • Cinnamon • Mace • Nutmeg • Poppy seeds • Sesame seeds • Vanilla 	<ul style="list-style-type: none"> • Black pepper • Coriander • Curry powder • Cumin • Dill seeds • Garlic powder • Ginger • Lemon zest • Mustard • Onion powder • Vinegar

MODULE ELEVEN

Try different herbs and spices when preparing meat and vegetables.



Fish	Chicken	Beef	Lamb
<ul style="list-style-type: none"> • Curry powder • Dill • Dry mustard • Marjoram • Paprika • Pepper • Turmeric 	<ul style="list-style-type: none"> • Ginger • Marjoram • Oregano • Paprika • Rosemary • Sage • Tarragon • Thyme 	<ul style="list-style-type: none"> • Bay leaf • Marjoram • Nutmeg • Oregano • Pepper • Rosemary • Sage • Thyme 	<ul style="list-style-type: none"> • Curry powder • Garlic • Mint • Rosemary • Thyme



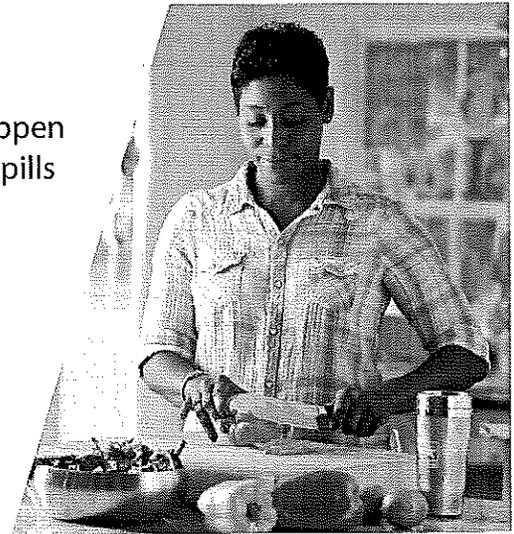
Pork	Veal	Carrots	Green Beans
<ul style="list-style-type: none"> • Coriander • Cumin • Curry powder • Garlic • Oregano • Pepper • Sage 	<ul style="list-style-type: none"> • Bay leaf • Curry powder • Ginger • Marjoram • Oregano 	<ul style="list-style-type: none"> • Allspice • Cinnamon • Cloves • Ginger • Mint • Sage • Tarragon 	<ul style="list-style-type: none"> • Basil • Curry powder • Dill • Garlic • Onion • Tarragon • Thyme



Tomatoes	Potatoes	Corn	Mushrooms
<ul style="list-style-type: none"> • Basil • Bay leaf • Black pepper • Dill • Marjoram • Oregano • Parsley • Onion 	<ul style="list-style-type: none"> • Chives • Dill • Garlic • Paprika • Parsley • Sage • Thyme • Turmeric 	<ul style="list-style-type: none"> • Basil • Chives • Cumin • Curry powder • Dill seeds • Onion • Paprika 	<ul style="list-style-type: none"> • Black pepper • Marjoram • Nutmeg • Oregano • Parsley • Sage • Tarragon

Skip the Fad Diets

Most people who are trying to lose weight would like for it to happen right away. This has created a market for fad diets and weight-loss pills and supplements.



Fad Diet FAQs

Q: How can I tell if a diet is a “fad” diet?

A: Signs of a fad diet include:

1. Miraculous claims and testimonials
2. Promises of fast weight loss
3. Rules that make you avoid certain food groups
4. A food plan that does not consider your preferences and lifestyle

Q: Do fad diets work?

A: No! They can help you lose weight over the short term, but people tend to gain it back once they stop eating the fad diet. To lose weight and keep it off, you must change your eating and physical activity and make this part of your lifestyle. Fad diets don’t result in long-term weight loss and may be bad for your health.

Q: Will over-the-counter weight loss supplements help me?

A: No. Many over-the-counter products contain questionable, if not dangerous substances. Some of these products contain medications that should require a prescription or are illegal in the United States. **These substances can also interact with your prescribed medications.**

There are a small number of prescription medications that are approved by the Food and Drug Administration (FDA) for weight management. If you feel you would benefit from a weight loss medication, let your MOVE! or health care team know. These medications are designed to work in conjunction with MOVE!

Q: Are all diets bad?

A: No. Eating healthier is always good for you. Your health care team or dietitian may recommend a special diet. These diets do work in managing problems like diabetes. They also help you manage your weight. The current medical opinion is that one should choose a healthy diet and stick with it now and in the future. Find a healthy diet that works for you.

MODULE ELEVEN



Smart Alex

“There are several healthy dietary plan choices you can consider when trying to manage your weight. There is not one “right” diet for everyone. You should choose a healthy food plan that reduces your calorie intake and that you can maintain over the long-term. Healthy diets include the Mediterranean diet, DASH diet (dietary approaches to stop hypertension), low-carb diet, or low-fat diet. Consult with your MOVE! team to select a diet that matches your health needs.”

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Carbohydrates, Protein, and Fats - Macronutrients

Carbohydrates or “carbs” are the body’s main source of fuel, needed for physical activity and brain and organ function. Protein supplies amino acids, the basic building blocks of the body. We need protein to keep our bodies in good working order and protect us from bacteria and viruses. Fats help the body absorb certain vitamins, produce hormones, and build body tissues and are important for the brain and the central nervous system. The four major types of fats are: **monounsaturated fats, polyunsaturated fats, saturated fats, and trans fats.** Most dietary fat should come from unsaturated fats. Small amounts can come from saturated fats (less than 10% of your calorie intake). Transfats and foods containing transfats should be avoided.

The main thing for me was calories, calories, calories. I counted my calories.”

– Jerry, lost 42 pounds

Making Healthy Substitutions

There are many ways to avoid extra calories and unhealthy fats by making changes to the meals and snacks you already eat. Healthy eating doesn’t mean giving up all the foods you love! Learning to finesse your food with smart substitutions, menu alterations, and recipe adjustments can help you maintain an overall healthy eating pattern. Remember to plan your meals choosing non-starchy vegetables and lean protein options. Use “good fats” because they are good for your heart, cholesterol levels, and overall health. Use seasonings to bring out the flavors in your foods. Modify recipes without sacrificing taste and consider healthy new snacks to help stay on track.

Dietary Plan Choices

There is not one “right” diet for everyone. You should choose a healthy food plan that reduces your calorie intake and that you can maintain over the long term. If you eat healthier foods and control your portions, all foods can fit in your diet. Consult with your MOVE! team to select a plan that matches your health needs.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider ways you can reduce calories by making healthy substitutions in your meal planning and cooking.
4. Review Module 12 in preparation for your next meeting.



Physical Activity Log

Weekly Goal:		Name: _____			
Date: _____		Date: _____			
Week / 16		Week / 16			
16 Week Goal:					
Activity Type	Minutes of activity/day	Resting Heart Rate	Active Heart Rate	Blood Pressure **if available	Calories burned per Activity
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Weight-wkly					
Comments/Concerns: _____					



Session/Dates: _____ Name/Participant #: _____ Starting Wt: _____ Current Wt: _____

Nutrition Goal: _____ *Use for Class Review?: YES NO

Date/Day	Portion	Calories	Portion	Calories	Portion	Calories
Breakfast						
Lunch						
Dinner						
Optional Snacks:						
Water (8 oz):	○ ○ ○ ○ ○ ○ ○ ○ ○ ○		○ ○ ○ ○ ○ ○ ○ ○ ○ ○		○ ○ ○ ○ ○ ○ ○ ○ ○ ○	
Daily Total for Calories						
Circle:	<i>I did it!</i>	<i>Almost</i>	<i>Try Again</i>	<i>I did it!</i>	<i>Almost</i>	<i>Try Again</i>

*Moods/Thoughts/Emotions/Comments: _____

Please Be Detailed when Filling in the Type of Foods, Beverages, and Portion sizes. Don't Forget to Total the Daily Calories.



Name/Participant #: _____ Nutrition Goal: _____

****Please Be Detailed when Filling in the Type of Foods, Beverages, and Portion sizes. Don't Forget to Total the Daily Calories.****

Date/Day	Portion	Calories	Portion	Calories	Portion	Calories	Portion	Calories
Breakfast								
Lunch								
Dinner								
Optional Snacks:								
Water (oz):	○	○	○	○	○	○	○	○
Daily Total for Calories								
Circle:	<i>I did it!</i>	<i>Almost</i>	<i>Try Again</i>	<i>I did it!</i>	<i>Almost</i>	<i>Try Again</i>	<i>I did it!</i>	<i>Almost Try Again</i>

*Moods/Thoughts/Emotions/Comments: _____