

Healthy Living

FOOD & FITNESS
TRACKER



personal information and important contacts

name _____

address _____

phone _____ e-mail _____

in case of emergency

contact _____ phone _____

contact _____ phone _____

allergies _____

medications _____

nutrition coach / fitness coach

contact _____ phone _____

contact _____ phone _____

pharmacy

contact _____ phone _____

health insurance company

name _____

phone _____ policy number _____

This Food & Fitness Tracker will become one of your best tools for helping you reach your food and fitness goals. Carry it wherever you go, record your daily choices, learn from your successes and slips, see your progress and achieve your goals.

Note: The advice in this Personal Best® Food & Fitness Tracker is not intended to serve as a substitute for professional care. Before making significant changes to your diet or exercise level, you may need to talk to your doctor or health care provider.

TIP: For best results use a ball-point pen.

get the most from your tracker

calorie guide

VEGETABLES	amount	calories
Alfalfa sprouts	1 cup	8
Artichokes, cooked	1 medium	64
Asparagus, cooked	4 spears (½" base)	13
Bamboo shoots, canned, drained solids	1 cup	25
Beans, snap, green	1 cup	34
Beets	1 cup	58
Bell peppers, sweet, chopped	1 cup	30
Broccoli, chopped	1 cup	31
Brussels sprouts, cooked	½ cup	28
Cabbage, shredded	1 cup	18
Carrots, chopped	1 cup	52
Cauliflower	1 cup	25
Celery, chopped	1 cup	16
Chinese cabbage, cooked	1 cup	20
Corn, whole kernel, canned, drained solids	1 cup	133
Corn, kernels on cob, frozen, cooked	1 ear	59
Cucumber, peeled, sliced	1 cup	14
Edamame (soybeans), frozen, prepared	1 cup	189
Eggplant, cubes	1 cup	20
Hearts of palm, canned	1 piece	9
Jicama, sliced	1 cup	46
Kale, chopped	1 cup	34

VEGETABLES	amount	calories
Lettuce, iceberg types, shredded	1 cup	10
Mushrooms, whole white	1 cup	21
Mustard greens, chopped, cooked	1 cup	29
Okra	1 cup	31
Onions, chopped	1 cup	64
Peas, green	1 cup	134
Potatoes, white or red, flesh and skin, raw	1 med	147
Pumpkin, canned	1 cup	83
Radishes, sliced	1 cup	19
Spinach, cooked	1 cup	41
Squash, summer, cooked	1 cup	36
Squash, winter, acorn, cooked	1 cup	115
Squash, winter, butternut	1 cup	62
Squash, winter, spaghetti, cooked	1 cup	42
Sweet potato, cooked	1 med	131
Tomatoes, red, ripe, cherry	1 cup	27
Tomatoes, red, ripe, chopped	1 cup	38
Tomatoes, canned, whole	1 cup	50
Turnip chunks	1 cup	37
Yam, boiled, no skin	1 med	119

Source: USDA National Nutrient Database for Standard Reference

when eating out, look for grilled, poached, steamed or roasted items

your food plan and fitness goals

Calorie activity tool: You can easily calculate many activities and exercises using your exact weight at Shape Up America! (www.shapeup.org/interactive/phys1.php).

Eating should be enjoyable: Good choices help sustain your body and boost your health so you can work well and live well.

Are you trying to eat better, lose weight or do both?

Small changes over time make a big difference.

What is smart eating?

- ✓ Portion control
- ✓ Reducing sodium
- ✓ Little added sugars
- ✓ More fish and keeping meat portions small
- ✓ Low-fat or nonfat dairy items
- ✓ Eating slowly

A daily plan right for most everyone includes:

At least 2 cups of fruit and 2½ cups of vegetables

Six to eight cups of water

At least 30 minutes of aerobic activity

Seven to eight hours of quality sleep

Keeping daily calories at an amount that makes sense based on your age, gender and physical activity level

sample calorie needs for ages 30-50

	average daily calorie needs	
daily activity	men	women
< 30 minutes	2,300	1,800
30-60 minutes	2,500	2,100
> 60 minutes	2,900	2,300

Lose 1 pound per week : Try the 500 Rule

see www.mypyramid.gov, a dietitian or your health care provider for help

health is one of the pleasures of life

If you're like many people, reaching or maintaining a healthy weight is your No. 1 priority.

How do you measure up? One sign that you may be overweight is your waist circumference. **To measure it:**

- 1 Run a tape measure around your body just above your navel.
- 2 A measurement of more than 35 inches (for women) or 40 inches (for men) may increase your health risks.

For people who are overweight, losing just 10% of your current weight may significantly improve your health — provided you keep it off.

Current Weight: Desirable Weight:

Tip: If losing 20 or 30 pounds seems hard, focus on losing just 1 to 2 pounds a week — that's 10 pounds in five to 10 weeks.

500 rule — Lose 1 pound a week by cutting 500 calories a day this way:

- ✓ Burn 250 calories in extra activity, such as a 30-minute walk.
- ✓ Consume 250 fewer calories, such as smaller portions and one less beverage or snack.

Turn up the intensity for aerobic fitness and weight loss:

Moderate activity produces a little sweat — aim to add it up to 2.5 hours each week.

Vigorous activity causes rapid breathing — aim for 1 hour, 15 minutes each week.

To lose weight, target 60 to 90 minutes of extra activity most days of the week.

Note: You may need your health care provider's OK before raising your exercise level like this.

compare calorie intake to calories burned

Food Groups & Basic Daily Needs (Based on 2,000 Calories/Day)



6 ounces of grains

1 ounce = about ½ cup of cooked rice, pasta or barley; 1 slice of bread; or roughly 1 cup of whole-grain cereal (uncooked); make at least half your grains whole grains.



At least 2 cups of fruits

Whole fruit is best, not juice.



At least 2½ cups of vegetables

Subgroups: dark green, orange, starchy, dry beans and peas, etc.



3 cups of dairy

Skim or low-fat milk, yogurt or other milk equivalent.



5 to 6 ounces of meat and beans

1 ounce = 1 ounce of poultry, fish or lean meat; 1 egg; 1 tbsp peanut butter; ¼ cup dried beans.



5 teaspoons of oils and fats

Such as cooking oils, dressings and nuts.



Healthy Plate Portions

- ½ a colorful mix of vegetables
- ¼ low-fat protein-rich foods (broiled, grilled, roasted)
- ¼ whole-grain starches (brown rice, whole-wheat breads or pasta)

make a colorful plate

quick guide to serving sizes

grains

1 cup dry cereal (1 ounce) = baseball

½ cup cooked pasta (1 ounce) = small computer mouse

fruits

1 small apple (1 cup) = baseball

½ cup sliced fruit = ice cream scoop

vegetables

1 cup raw vegetables = baseball

dairy

1 ounce cheese = 4 dice

½ cup frozen yogurt = ice cream scoop

meat and beans

½ cup beans (2 ounces) = small computer mouse

3 ounces poultry, fish or meat = deck of cards

visual guide : quick clues for portion control



= 1 cup



= ½ cup



= ½ cup



= 3 ounces



= 1 ounce

Portion control is easier when you:

- Use measuring cups and spoons
- Premeasure amounts and set aside for convenience
- Read food labels for serving size and calorie details

Learn your daily calorie needs at www.mypyramid.gov.



Sources: USDA Dietary Guidelines for Americans, 2010, "How Much Do You Eat?" USDA Food and Nutrition Service. Accessed 3/16/11 at www.fns.usda.gov/TN/Resources/howmuch.pdf.

quick guide to calories burned in 10 minutes of activity

The calories you burn through physical activity are affected by the type of activity and your weight — it takes more energy (calories) to move more weight. Calculate your daily activities at Shape Up America! (www.shapeup.org/interactive/phys1.php).

ACTIVITY CALORIES/ 10 MINUTES	100- 130 LBS	131- 160 LBS	161- 190 LBS	191- 220 LBS	221- 250 LBS	251- 280 LBS	281- 300 LBS
Bicycling	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Bowling	20	20-30	30-40	40	40-50	50-60	60
Dancing	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Gardening	30-40	40-60	60-70	70-80	80-90	90-100	100-110
Golf	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Hiking	30	40-60	60-70	70-80	80-90	90-100	100-110
House cleaning	20-30	30-40	40-50	50	50-60	60-70	70
Running (8.5 min/mile)	80-110	110-130	130-160	160-190	190-210	210-240	240-250
Lawn mowing (power)	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Racquetball	50-60	60-80	80-100	100-110	110-130	130-140	140-150
Resistance training, circuit	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Rollerblading	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Rowing	50-60	60-80	80-100	100-110	110-130	130-140	140-150
Stairclimbing	40-50	50-70	70-80	80-90	90-110	110-120	120-130
Swimming, easy crawl	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Tennis, singles	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Walking (3.5 mph)	30	30-40	40-50	50-60	60-70	70-80	80-90
Walking (4.5 mph)	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Weightlifting	20	20-30	30-40	40	40-50	50-60	60
Wheelchair, fwd, 15 W	30-50	50-60	60-70	70-80	80-100	100-110	110
Yoga	30	30-40	40-50	50-60	60-70	70-80	80-90

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raise your heart rate during exercise

state a simple goal each day

today's goal: take a 30-min walk during lunch break

day, date: sample day
weigh-in: 145 lbs.

time mood	food and drink items	calories or other	fruit/veg servings
8 a.m.	boiled egg, cantaloupe chunks whole-grain toast (slice) skim milk, tea	78, 54 75 3, 0	0, 1 c 0 0, 0
11 a.m.	chicken breast, whole-grain roll vinaigrette & salad (lettuce, tomato, bell pepper, cucumber)	165, 74 52, 33	0, 0 0, 2½ c
3:30 p.m.	tomato juice nonfat fruit yogurt almonds	86 119 69	½ c 0, 0 0, 0
7 p.m.	evoo, baked salmon brown rice, asparagus mango	80, 184 108, 43 107	0, 0 0, 1 c ½ c
	moods 😊 😐 😞 😄	total = 1,410	5½ c

physical activity and exercise time(s):

water: ☑☑☑☑☑ or 6c

lunchtime walk (30 min), walk to bus (10 min) & back home (10 min)

sleep: 🛌 8 hrs.

Today: ○ Success is mine! ⚡ It's getting easier. ○ I will do better.

Weigh-in:

get started : make progress

my biggest obstacles:

My energy level:

- high
 medium
 low

my winning ways:

How I feel:

- super!
 fine
 ok
 blah

my upcoming fitness events:

make progress : keep going

drink plenty of water daily

today's goal _____

day:
date:

time mood	food and drink items	calories or other	fruit/veg servings

moods 😊 😐 😞 😄 total = _____

physical activity and exercise time(s): _____ water: or _____
 sleep: hrs.

Today: Success is mine! It's getting easier. I will do better.

today's goal _____

day:
date:

time mood	food and drink items	calories or other	fruit/veg servings

moods 😊 😐 😞 😄 total = _____

physical activity and exercise time(s): _____ water: or _____
 sleep: hrs.

Today: Success is mine! It's getting easier. I will do better.

tracking takes just 5 minutes

snub added sugars

today's goal _____

day:
date:

time mood	food and drink items	calories or other	fruit/veg servings

moods 😊 😐 😞 😄 total = _____

physical activity and exercise time(s): _____ water: or _____
 sleep: hrs.

Today: Success is mine! It's getting easier. I will do better.

today's goal _____

day:
date:

time mood	food and drink items	calories or other	fruit/veg servings

moods 😊 😐 😞 😄 total = _____

physical activity and exercise time(s): _____ water: or _____
 sleep: hrs.

Today: Success is mine! It's getting easier. I will do better.

share your goals with others



SAMPLE

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