NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD \_\_\_\_\_\_

1. **Define: BODY COMPOSITION/BODY FATNESS**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Google to find how each of the following affects body composition:**

1. Genetics \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Age \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Gender\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Activity level \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Exercise type \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Go to** [**http://www.lockonfitness.com/BodyComp.aspx**](http://www.lockonfitness.com/BodyComp.aspx) **to calculate your body fat.**

1. **Record your body fat % here \_\_\_\_\_\_\_\_\_\_\_\_**

**Go to** [**http://www.eatright.org/public/**](http://www.eatright.org/public/)to find answers to the following questions.

1. What is your **BMI** (measure using calculator for children and teens)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . In what range is your BMI? (normal weight, etc)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. “**Your Weight and Your Health”** If your body mass index falls into the range of overweight or obese, you are at a higher risk for the following diseases and conditions:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   11. What does “at risk” mean? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. List some **“ways to shave calories”.**
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. **“Staying away from fad diets”**…
   1. Why is the slow, steady approach to losing weight the best way? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Why should you stay away from diets that eliminate or severely restrict certain food groups? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **“Back to basics** **for healthy weight loss**”: Explain the following…
   1. Get the most nutrition from your calories \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Balance food and physical activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. **Sports Nutrition**
   1. **Eating right** will:
      1. \_\_ex. Help you train longer and at a higher intensity \_\_\_\_\_\_\_
      2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. **Eating before exercise** – choose foods
      1. High in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. Adequate in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      3. Moderate in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      4. Eat a large meal \_\_\_-\_\_\_\_ hours before exercise.
      5. Eat a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ closer to the event.
   3. What should you eat **during exercise**?
      1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. **After a hard workout** be sure to have a nutrient-rich snack within \_\_\_\_\_\_\_. It is important to replace \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Go to** authoritynutrition.com

1. <http://authoritynutrition.com/how-many-calories-per-day/> How many calories you need each day depends upon:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. <http://www.bmi-calculator.net/bmr-calculator/> Basic Metabolic Rate refers to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \*\*\* Using the BMR calculator, calculate your BMR. Your BMR is \_\_\_\_\_\_\_\_\_\_\_\_
4. \*\*\* Calculate your daily caloric needs (BMR + activity) based on you activity level. <http://authoritynutrition.com/how-many-calories-per-day/> \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **KEEP A FOOD DIARY FOR 3 DAYS.**  (Use the chart below to help you calculate your serving sizes) To calculate the number of calories in each food item go to; <http://www.myfitnesspal.com/food/calorie-chart-nutrition-facts> and enter the food you ate to get the calories consumed.

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| ***SERVING SIZES***  *1 cup = baseball*  *½ cup = light bulb*  *1 oz or 2 tbsp = golf ball*  *1 tbsp = poker chip*  *3 oz chicken or meat =*  *deck of cards*  *3 oz fish = checkbook* | **GRAINS (CARBS)**  1 cup of cereal flakes = baseball  1 pancake = compact disc  ½ cup cooked rice = light bulb  ½ cup cooked pasta = light bulb  1 slice bread = cassette tape  1 bagel = 6 oz can of tuna  3 cups popcorn = 3 baseballs | **DAIRY / CHEESE**  1 ½ oz cheese = 3 stacked dice  1 cup yogurt = baseball  ½ cup of frozen yogurt = light bulb  ½ cup of ice cream= light bulb |
| **FATS & OILS**  1 tbsp butter or spread = poker chip  1 tbsp salad dressing = poker chip  1 tbsp mayonnaise = poker chip  1 tbsp oil = poker chip |
| **FRUITS & VEGETABLES**  1 medium fruit = baseball  ½ cup grapes = about 16 grapes  1 cup strawberries = about 12 berries  1 cup of salad greens = baseball  1 cup carrots = about 12 baby carrots  1 cup cooked vegetables = baseball  1 baked potato = computer mouse | **PROTEIN**  **MEATS, FISH, NUTS, EGGS**  3 oz lean meat = deck of cards  3 oz fish = checkbook  3 oz tofu = deck of cards  2 tbsp peanut butter = golf ball  2 tbsp hummus = golf ball  ¼ cup almonds = 23 almonds  ¼ cup pistachios = 24 pistachios | **MIXED DISHES**  1 hamburger (without bun) =  deck of cards  1 cup fries = about 10 fries  4 oz nachos = about 7 chips  3 oz meatloaf = deck of cards  1 cup chili = baseball  1 sub sandwich = about 6 inches  1 burrito = about 6 inches |

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| DAY 1  Write in all the foods that you eat today and then indicate in the appropriate box how many servings you had. | calories | FRUITS  2-4 | VEGGIES  3-5 | DAIRY  2-3 | PROTEIN 2-3 | GRAINS  6-11 |
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| Totals for each food group/number of calories |  |  |  |  |  |  |

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| DAY 2  Write in all the foods that you eat today and then indicate in the appropriate box how many servings you had. | calories | FRUITS  2-4 | VEGGIES  3-5 | DAIRY  2-3 | PROTEIN 2-3 | GRAINS  6-11 |
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| Totals for each food group/number of calories |  |  |  |  |  |  |

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| DAY 3  Write in all the foods that you eat today and then indicate in the appropriate box how many servings you had. | calories | FRUITS  2-4 | VEGGIES  3-5 | DAIRY  2-3 | PROTEIN 2-3 | GRAINS  6-11 |
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| Totals for each food group/number of calories |  |  |  |  |  |  |

**Average number of calories consumed for the three days \_\_\_\_\_\_\_\_\_\_\_ (calories in)**

**Subtract (#18) your average caloric output - \_\_\_\_\_\_\_\_\_\_\_ (calories out)**

**= \_\_\_\_\_\_\_\_\_\_\_**

**\*\*\* More calories in = weight gain; more calories out = weight loss**

1. **EVALUATE YOUR FOOD CHOICES:**
   1. Did you eat more, about the same, or fewer calories than you normally expend in a day? \_\_\_\_\_\_\_\_\_\_\_\_
   2. Did you eat at least 2 servings of fruit each day? \_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Did you eat at least 3 servings of vegetables each day? \_\_\_\_\_\_\_\_\_\_\_\_
   4. Did you eat at least 2 servings of dairy each day? \_\_\_\_\_\_\_\_\_\_\_\_
   5. Did you eat at least 2 servings of meat/beans each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
   6. Did you eat at least 6 servings of grains each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **EVALUATE YOUR OVERALL DIET AND EXERCISE CHOICES…**
   1. Do you have good eating habits?
   2. What do you, personally, need to do to improve your eating habits?
   3. Do you think you will do these things? Why or why not?
   4. Are you exercising enough to stay fit and maintain the proper weight for you?
   5. What adjustments, if any, do you need to make to your exercise program?