

Sample Format

TABLE 1: Total Calories *Consumed* in 48 hrs.

- Estimated calories _____cal
- Actual calories _____cal
- 2 day food log (see attached)
- Computer printouts (see attached)

TABLE 2: Total Calories *Expended* in 48 hrs.

- Estimated calories _____cal
- Actual calories _____cal
- 2 day activity log (see attached)

TABLE 3: Total Net loss or gain of calories in 48 hrs.

- Net Actual (Loss/Gain) in 48 hrs. _____ cal

TABLE 4: Skin fold trials

***YOU will set this table up in class during data collection, so Save some space here for later!**

TABLE 5:

Actual % Body Fat (skin fold method)	_____
Actual % Body Fat (electronic method)	_____
Desired % Body Fat	_____
Recommended Body Weight	_____
Actual Body Weight	_____
Body Mass Index (BMI) value	_____

2 Day food Log:

Food Item	Quantity/Serving Size
Cheese enchiladas	2
Frosted Flakes	1 cup, oz
Strawberries	cups, # of berries
Skim Milk	cups
Bread	2 slices
Butter	1 tsp.
Juice (orange)	16 oz.

