



Be Well Anywhere™

6 Week Plan

Because Wellness is too
Important to be Complicated



Fitness



Nutrition



FitKit**START** is the 6 week nutrition and fitness program for a stronger, fitter, healthier you! Whether your goal is to maintain your current weight, lose weight, or just gain strength and tone, FitKit**START** can be customized to meet your personal needs

Nutrition and Fitness Program

This 6 week program is a straight-forward approach to weight management. Forget all the fad diets and endless hours on the treadmill - weight maintenance is a simple equation of calories in vs. calories out. We need to consume a certain number of calories daily to maintain our weight. In order to lose weight, you must create a calorie deficit, by increasing exercise, decreasing food intake, or a combination of both. To gain weight, you must create a calorie surplus.

However, all calories are not created equal - FitKit**START** nutrition program provides meals using fresh ingredients, follows the USDA guidelines and the healthy food pyramid and encourages lots of fruits, vegetables and healthy grains to reach your nutrition goals and feel great, too.

These diets are weight management tools for normally healthy adults. Consult with your medical provider to see if a reduced calorie diet is appropriate for your health before you change your diet. People with diabetes, pregnant women, children under 16, and those with an eating disorder are strongly cautioned to seek medical advice before modifying their diet. A registered dietitian is your best resource to counsel you on how to modify your diet for the best individual results. In the US, you can find a dietitian through the American Dietetics Association.



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Calorie Calculator

Determining your caloric needs

To estimate how many calories you should consume in order to maintain your weight or lose weight, you'll need to do a little math. We like to use the The Harris–Benedict equation method to estimate an individual's basal metabolic rate (BMR) and daily calorie requirements. The below method will take into account your age, height weight, sex and activity level and give you an estimated BMR and calorie value. This resulting number is the recommended daily calorie intake to maintain your current body weight. Then, to lose weight, you'll need to cut calories or burn extra calories and aim for a calorie level lower than the results you get with this formula. Full examples are below the calculator:

Calculate your BMR (daily caloric needs to function) with the following formula:

STEP 1

Adult Women:

$$655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

Adult Men:

$$66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

STEP 2

Now that you have your BMR number, you will need to incorporate your activity level to get your final number. Choose your activity level below and calculate:

Sedentary: BMR x 20 percent

Lightly active: BMR x 30 percent

Moderately active (You exercise most days a week.): BMR x 40 percent

Very active (You exercise intensely on a daily basis or for prolonged periods.): BMR x 50 percent

Extra active (You do hard labor or are in athletic training.): BMR x 60 percent

For Weight Loss

A realistic goal is to lose .5 to 2 pounds per week. Losing more than 2 pounds per week will mean the weight is less likely to stay off permanently. Cut back your calorie intake a little bit at a time. Every 3,500 calories is equivalent to one pound. For the most effective weight loss and optimum health, a combination of reducing calories through eating and increasing calories burned through exercise is best.

So, if your goal is to lose 1 pound per week, you would cut back about 500 calories/day. To lose 2 pounds per week, you would cut back 1,000 calories a day.

Example

Cindy is 35 years old, 5'5" and weighs 148 pounds. She is moderately active. She has a goal weight of 136 pounds, or a loss of 12 pounds.

Based on the calorie calculator (above), Cindy requires a calorie intake of 2,464 calories daily. Cindy would like to lose 2 pounds per week.

To lose 2 lbs per week, Cindy needs to reduce calories by 1,000/day. A reduction of 1,000 calories/day = 1,464 calories a day she will consume (2,464 – 1,000). Cindy can reduce her caloric intake by 1,000 calories a day, for a target of 1,464 calories/day. However, for healthiest weight loss and long term results, a combination of calorie reduction and increased exercise is best. For Cindy, a better option is to reduce calories by 800 calories a day,

to 1,664 calories, and increase her activity level to burn off 200 calories a day.

It is not recommended that women reduce their calorie intake below 1,200, or men below 1,800. Reducing calories below that level does not provide the nutrients your body needs and does not provide long term, sustainable weight loss. For best results, gradual weight loss is the safest and best approach.

Once you understand the number of calories required to meet your goals, you are ready to get **STARTED** to a fitter, healthier you!!

This program has all the tools you need to help you reach your goals. FitKit**START** Resources include flexible menu plans based on your caloric needs, food and exercise journals, before and after body measurement charts, shopping lists, exercise schedules and more.



FitKitSTART Nutrition Guide

Get **START**ed with your **FitKitSTART Nutrition Guide**! A sensible and healthy solution to weight management, your **FitKitSTART Nutrition Guide** provides fresh, non-processed healthy options that are easy to prepare and flexible to fit your life. When combined with your complete **FitKitSTART Workout Plan**, you will be on your way to a fitter, healthier **YOU!**

Getting STARTed

Use your **FitKitSTART Calculator** to identify your daily caloric goal, and review the table for the recommended calories to consume at each meal. The plan allows you the flexibility to adjust your food selections based on your preferences. For example, you may prefer smaller meals and more snacks throughout the day, or a larger breakfast - mix and match the program to make it work for you.

Calorie Guidelines

Calorie Goal	1200 calories	1400 calories	1600 calories	1800 calories	2000 calories
Breakfast	200	250	300	350	400
Lunch	350	400	450	500	550
Snack	100	150	200	250	300
Dinner	550	600	650	700	750
Total	1200	1400	1600	1800	2000

FitKitSTART Nutrition Guidelines

As you mix and match your food choices, just make sure you are getting enough of the right foods – if you substitute, try to select from the same food group (i.e. fruit for fruit) and follow these guidelines for daily adult nutrition:*

Daily Amount from Each Food Group

Calorie Goal	1200	1400	1600	1800	2000
Fruits	1 cup	1.5 cup	1.5 cups	1.5 cups	2 cups
Vegetables	1 cup	1.5 cup	2 cups	2.5 cups	2.5 cups
Grains	4 oz.	5 oz.	5 oz.	6 oz.	6 oz.
Meats and Beans	3 oz.	4 oz.	5 oz.	5 oz.	5.5 oz.
Oils	4 tsp.	4 tsp.	5 tsp.	5 tsp.	6 tsp.
Milk	2 cups	2 cups	3 cups	3 cups	3 cups

Fruit Group includes fresh, frozen, canned, and dried fruits and juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. The **FitKitSTART Nutrition Guide** emphasizes fresh foods vs. canned or frozen for maximum nutritional value.

Vegetable Group includes fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as one cup from this group. The **FitKitSTART Nutrition Guide** emphasizes fresh foods vs. canned or frozen for maximum nutritional value.

Grains Group includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, and tortillas. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta or cooked creel can be considered 1 ounce equivalent from this group. At least half of all grains consumed should be whole grains. The **FitKitSTART Nutrition Guide** emphasizes whole grains for maximum nutritional value.



FitKitSTART Nutrition Guide

Meats and Beans Group in general, 1 ounce of lean meat, poultry or fish, 1 egg, 1 Tbs. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as a 1 ounce equivalent from the meats and beans group.

Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter are not part of the group. Most milk choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1-1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

FitKitSTART Nutrition Example

Susan and her husband Bob have made a commitment to get healthy. They calculated their daily maintenance calories using the **FitKitSTART Calculator**, and based on their goals, Susan is following a 1,400 Calorie Plan, and Bob is following an 1,800 Calorie Plan. Based on the chart on the **Breakfast Menu**, Susan’s calorie target is 250 and Bob’s is 350.

Calorie Goal	1200 calories	1400 calories	1600 calories	1800 calories	2000 calories
Breakfast	200	250	300	350	400

For breakfast, they selected the following meal from the menu:

Cereal and Fruit

	Susan		Bob
Cereal, Fiber One, 1 cup	120	Cereal, Fiber One, 1-1/2 cup	180
Milk, skim, 1/2 cup	90	Milk, skim, 3/4 cup	135
Banana, small, 1/2	45	Banana, small, 1/2	45
Calories:	255		360

Susan is going to eat the menu as listed for a calorie count of 255. Bob is eating what Susan is eating, and will increase the cereal and milk portion to reach his calorie goal. They could also review the **FitKitSTART Substitution List** to see other options - trade the banana for berries, or replace the cereal with oatmeal. As you substitute, exchange from the same food groups (i.e. fruit for fruit) to maintain a balanced plan as outlined in the table above.

* Guidelines are based on the USDA recommendations for daily adult nutrition

** It is not recommended that women reduce their calorie intake below 1,200, and men below 1,800. Reducing calories below this level does not provide the nutrients your body needs and does not provide long term, sustainable results. For best results, gradual weight loss is the safest and most effective approach.

*** The FitKitSTART Nutrition Guide is for normally healthy adults. Consult with your medical provider to determine if a reduced calorie diet is appropriate for your health before you change your diet.



FitKitSTART Nutrition Guide Tips

To maximize the results of the **FitKitSTART Nutrition Guide**, follow these tips:

Write it Down! – Most people who try the **FitKitSTART** plan are amazed to learn how many calories they consume each day. Use the **FitKitSTART Weekly Diary** to keep track of what you eat at every meal.

Eat Fresh, not Processed – When possible, try using foods only one step away from their natural state – fresh fruits and veggies, whole grains and good fats (nuts, avocados, olive oil). Processed foods, including frozen meals and fast food choices, are often high in fat, sugar and salt. Learn to read food labels and understand the nutrition value of everything you are eating. Make your meals at home as often as possible, and plan ahead – pack your office lunch the night before or get up 15 minutes earlier and avoid the vending machine.

Read the Labels! – One of the key ways to lose weight and maintain a healthy weight is through portion control. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%. Read food labels to learn how many calories are in a serving size – they can often be misleading. For example, a 20-ounce soda (typically consumed as one portion), has 2.5 servings. A 3 oz. bag of chips - which some consider a single portion—contains 3 servings.

Limit Meals on the Run – With our busy lives, it is difficult to always find time to prepare fresh and healthy meals. For those times when take out is your only option, make the right choices – choose salads with low fat dressings and grilled sandwiches without high calorie condiments like mayonnaise. Watch your salt – fast food restaurant foods tend to be high in sodium, so don't add insult to injury and add more salt. Most large chains provide nutrition charts by request in the restaurant and online. Plan your strategy, and eat right on the run!

Don't Deny Yourself the Things you Love – Many fad diets restrict the foods you can eat. The key to long term weight maintenance is to eat the foods you love, but learn how to balance those choices in your overall daily plan. Craving ice cream? Eat a small portion to satisfy you, and eat a smaller lunch or exercise a bit more that day. Want some French fries? Eat your salad first so you are satisfied, and will be tempted to eat fewer fries.

Eat Mindfully – Pay attention to what you eat and enjoy each bite. Eat at the table, and chew your food thoroughly. Stop eating before you are full; as it takes our bodies time to register what we have eaten. Mindful eating you relaxes you, so you digest your food more effectively, and you feel more satisfied.

Focus on Fiber – Choose cereals and breads that have at least four grams of fiber or more per serving. Whole grain breads are high in fiber and complex carbohydrates, and help you feel fuller longer and prevent overeating. Fiber also aids in digestion. Choose breads with the first ingredient whole, like "whole grain bread."

Spice it Up – Adding salt to your food can lead to water retention and an energy slump. Experiment with spices to add flavor without calories and bloat – cinnamon, curry powder, cumin, hot peppers, and fresh herbs like basil and parsley are all great choices to add flavor without added sodium.

Make Smart Drink Choices – Pay close attention to what you drink. Many sodas and sports drinks are packed with calories and sugar. Drink 6-8 glasses of water a day. Club soda with a splash of cranberry juice or orange juice with lime is a great low-cal alternative to soft drinks. Limit your alcohol, and pay attention to serving size – a 6 oz. glass of white wine typically has 150 calories. See healthy drink options in the **FitKitSTART Substitution List**.

Choose the Foods you Like, and Stick with Them – For the most effective weight loss, find the foods you love and eat them consistently. After a few weeks on the **FitKitSTART** program, you will learn what foods you like. Alternate your favorite meals and make healthy substitutions from the **FitKitSTART Substitution List** for variety.



FitKitSTART Healthy Choices

Instead of This	Eat This
Vegetables	
Fried vegetables or vegetables served with cream, cheese, and butter sauces	Vegetables raw, steamed, broiled, baked or tossed with a very small amount of olive oil, salt and pepper. Olive oil spray is a great way to control oil with minimal calories.
French fries, potato chips	Baked white or sweet potatoes, pretzels and baked chips.
Grains	
White pasta and white rice	Whole wheat pasta and brown rice
Donuts, pastries and scones	English muffins and whole-grain bagels
Sugar cereals and regular granola	Oatmeal, low-fat granola and whole-grain cereal
Meats	
Fried chicken, roasted chicken with skin	Chicken without skin, broiled, baked or roasted.
Fish sticks, fish canned in oil, seafood with oil or butter and creamy sauces	Fish (fresh, frozen, canned in water), shellfish, low-fat fish sticks or cakes
Lunch meats such as pepperoni, salami, bologna and liverwurst	Lean and unprocessed lunch meats such as turkey, chicken, and ham
Regular ground beef	Lean or extra-lean ground beef, ground chicken, and turkey breast
Dairy	
Whole milk or 2% milk	Skim milk or 1% milk
Yogurt made with whole milk	Low-fat yogurt (non-fat us usually high in sugar)
Regular cottage cheese and cream cheese	Low-fat, non-fat and dry-curd cottage cheese with less than 2% fat. Low-fat cream cheese
Regular ice cream	Sorbet, sherbet and nonfat or low-fat ice cream
Fats, Oils and Sweets	
Shortening, butter, or margarine	Olive, soybean and canola oils, nonstick cooking spray
Regular mayonnaise	Nonfat or light mayonnaise, prepared or Dijon mustard
Regular salad dressing	Nonfat or light salad dressings
Cookies	Fig bars, animal cookies, gingersnaps



Calorie Plan	1200	1400	1600	1800	2000
Target Breakfast Calories	200	250	300	350	400

The **breakfast** menu options provide a range of calorie values. You can increase, add, delete or substitute items to meet your target **breakfast** calories from your **Calorie Plan** in the chart above. When substituting, try to stay in the same food group (fruit for fruit). See the **FitKitSTART Substitution List** for exchange options.

Breakfast Menus

<p>Yogurt Parfait</p> <p>Yogurt, low fat, 6 oz. 80 Banana, sliced, small 90 Granola, low fat, 2 Tbs. 46 Calories: 216</p>	<p>Nutty Oatmeal</p> <p>Oatmeal, plain, cooked, 3/4 cup 112 Banana, small 90 Almonds, 2 Tbs. 60 Calories: 262</p>	<p>Peanut Butter Roll-Up</p> <p>Tortilla, whole wheat or light, 6" 80 Peanut or almond butter, 1 Tbs. 90 Orange juice, 1/2 cup 60 Calories: 230</p>
<p>Eggs and Cheese</p> <p>Eggs, hardboiled, 1 70 Cheese, string, light, 1 80 Bread, whole wheat, toasted, 1 80 Calories: 150</p>	<p>Cereal with Fruit</p> <p>Cereal, Kashi Go Lean 3/4 cup 105 Milk, skim, 1/2 cup 90 Berries, mixed, 1/2 cup 25 Calories: 195</p>	<p>English Muffin and Jelly</p> <p>English muffin, whole grain 100 Jelly, all fruit or low sugar, 2 Tbs 80 Calories: 180</p>
<p>Grapefruit and PB Toast</p> <p>Grapefruit, 1/2 50 Toast, whole wheat, 1 slice 80 Peanut or almond butter, 1 Tbs. 90 Calories: 220</p>	<p>Fruit and Granola</p> <p>Cheese, cottage, non fat, 1/2 cup 80 Berries, mixed, 1 cup 50 Granola, low fat, 2 Tbs. 46 Bread, whole wheat, toasted, 1 80 Calories: 256</p>	<p>Salsa Egg Wrap</p> <p>Tortilla, whole wheat or light, 6" 80 Egg, scrambled, 1 70 Egg whites, scrambled, 2 30 Salsa, 2 Tbs. 15 Calories: 195</p>
<p>Waffles and Fruit</p> <p>Waffle, whole grain, 2 170 Strawberries, 1 cup, sliced 50 Yogurt, non fat, 2 Tbs. 25 Calories: 220</p>	<p>Cereal with Fruit</p> <p>Cereal, Fiber One, 1 cup 120 Milk, skim, 1/2 cup 90 Banana, small, 1/2 45 Calories: 255</p>	<p>Protein Bar</p> <p>Protein Bar, Luna, Nutz over Chocolate 180 Apple, small 60 Calories: 240</p>
<p>Veggie Omelet</p> <p>Egg, 1 70 Egg whites, 2 30 Broccoli or spinach, 1 cup 30 Mushrooms, 1/2 cup 15 Salsa, 2 Tbs. 15 Calories: 160</p> <p>Preparation: Whisk egg whites and eggs together. Spray pan with cooking oil. Saute broccoli or spinach and mushrooms until tender. Remove from pan. Add the eggs and cook, lifting with spatula until firm. Add veggies, flip eggs over to form omelet and cook 2 minutes more. Serve with salsa.</p>	<p>Banana Berry Smoothie</p> <p>Yogurt, vanilla, low fat, 6 oz. 80 Banana, small, 1/2 45 Blueberries, frozen, 1/4 cup 10 Orange juice, 2/3 cup 80 Honey, 1 tsp. 30 Calories: 245</p> <p>Preparation: Blend ingredients together. Add water for a less thick shake, ice cubes for a thicker shake.</p>	<p>Egg and Salmon Sandwich</p> <p>Oil, extra virgin olive, 1 tsp. 40 Onion, red, finely chopped, 1 Tbs. 5 Eggs, whites, beaten, 2 60 Salt, pinch Salmon, smoked, 1 oz. 30 Tomato, sliced, 1 0 English muffin, toasted, whole wheat, split, 1 5 Calories: 260</p> <p>Preparation Heat oil in non-stick skillet over medium heat. Cook onion until soft, about 1 minute. Add egg whites and salt, cook salmon on muffin and serve.</p>



Calorie Plan	1200	1400	1600	1800	2000
Target Lunch Calories	350	400	450	500	550

The **lunch** menu options provide a range of calorie values. You can increase, add, delete or substitute items to meet your target **lunch** calories from your **Calorie Plan** in the chart above. When substituting, try to stay in the same food group (fruit for fruit). See the **FitKitSTART Substitution List** for exchange options.

Lunch Menus

Salsa Chicken and Potato	BBQ Chicken and Veggies	Turkey Tortilla Wrap
Chicken, baked, chopped, skinless, 1/2 cup 110 Potato, baked, medium 160 Sour cream, 2 Tbs. 25 Salsa, 2 Tbs. 15 Calories: 310 Preparation: Bake or microwave potato until tender. Cut potato in half and add chicken. Top with salsa and sour cream.	Chicken, breast, skinless, boneless, 1 - 4 oz. 150 Barbeque sauce, 2 Tbs. 25 Vegetables, steamed, mixed, 1c. 50 Rice, brown, 1/2 cup 100 Calories: 325 Preparation: Bake chicken at 350 degrees for 20-30 minutes, basting with barbeque sauce every 5 minutes until done. Serve with steamed vegetables and rice.	Tortilla, whole grain, 10" 150 Turkey, deli style, sliced, 3 slices 60 Lettuce, shredded, 1/2 cup 5 Tomato, sliced, 1 5 Dressing, Caesar, low fat, 1 Tbs. 70 Apple, small, 1 60 Avocado, 3 slices 60 Calories: 410 Preparation: Add turkey, lettuce and tomato to tortilla. Drizzle with Caesar dressing, roll and serve.
Greek Chopped Pita Salad	Pizza Burger	Teriyaki Chicken
Lettuce, romaine, chopped, 2 c. 15 Cheese, feta, crumbled, 1 Tbs. 45 Beans, garbanzo, cooked, 1/4 c. 70 Bread, pita, whole wheat chopped, 1 75 Cucumber, sliced, 1/2 cup 10 Dressing, vinaigrette, low fat, 2 T. 50 Calories: 265 Preparation: Drain and clean beans. Toss lettuce with remaining ingredients. Add dressing and mix well.	Burger, vegetarian 110 Bun, hamburger, whole grain 100 Sauce, pizza, 2 Tbs. 40 Cheese, mozzarella, part-skim, 1 slice 65 Basil, fresh, chopped, 2 Tbs. 5 Salad, mixed, small 100 Calories: 420 Preparation: Cook hamburger in pan with cooking spray or grill until desired wellness. Mix sauce and basil and add to hamburger. Cover with cheese. Return to pan or grill for two minutes on low heat until cheese melts.	Chicken, breast, skinless, boneless, 1 - 6 oz. 165 Teriyaki sauce, 2 Tbs. 25 Beans, green, steamed, 1 cup 40 Salad, tossed, small 30 Dressing, vinaigrette, low fat, 2 Tbs. 50 Calories: 310 Preparation: Bake chicken at 350 degrees for 20-30 minutes, basting with teriyaki sauce every 5 minutes until done. Serve with green beans and salad.



Calorie Plan	1200	1400	1600	1800	2000
Target Lunch Calories	350	400	450	500	550

The **lunch** menu options provide a range of calorie values. You can increase, add, delete or substitute items to meet your target **lunch** calories from your **Calorie Plan** in the chart above. When substituting, try to stay in the same food group (fruit for fruit). See the **FitKitSTART Substitution List** for exchange options.

Lunch Menus

Soup and Sandwich		Herbed Cheese Bagel		BBQ Baja Burger	
Soup, vegetable, 1 cup	80	Cheese, cottage, low fat, 1 cup	100	Burger, vegetarian, 1	110
Bread, whole wheat, 2 slices	160	Garlic, minced, 1 clove	5	Bun, whole wheat	100
Turkey, deli style, 3 slices	60	Chives, fresh, chopped, 2 Tbs.	5	BBQ sauce, 1 Tbs.	20
Cheese, mozzarella, low fat, 1 slice	50	Bagel, whole grain, 1/2	100	Avocado, thin sliced, 2 slices	60
Tomato, 1 slice	5	Salt and pepper, dash	0	Bean sprouts, 1/4 cup	10
Lettuce, 2 slices	5	Tomato, 4 slices	5	Pineapple, chunks, 1 cup	50
Calories:	360	Calories:	285	Calories:	350
		<i>Preparation:</i>		<i>Preparation:</i>	
		Mix cheese, garlic and chives together.		Cook hamburger in pan with	
		Season with salt and pepper. Spread on		cooking spray or grill until desired	
		bagel and add sliced tomatoes.		wellness. Add BBQ sauce,	
				avocado and bean sprouts	
Tuna Vegetable Sandwich		Ham and Turkey Wrap		Chicken & Guacamole Burrito	
Tuna, packed in water, 3 oz.	100	Ham, deli-style, thin sliced, 3	60	Chicken, baked, chopped, 1/2 c.	110
Dressing, balsamic vinaigrette	45	Turkey, deli-sliced, thin sliced, 3	60	Guacamole, fresh, 1 Tbs.	25
light, 2 Tbs.	45	Tortilla, whole grain, 10"	150	Lettuce, romaine, shredded	10
Spinach, baby, 2 cups, chopped	15	Lettuce, shredded, 1/4 cup	5	Tortilla, whole grain, 10"	150
Celery, chopped, 1/4 cup	5	Tomato, 2 slices	5	Grapes, 1 cup	60
Bread, whole grain, 2 slices	140	Mustard, 1 Tbs.	15		
Lettuce, romaine, 2 pieces	0	Pear, 1 small	90	Calories:	355
Calories:	350	Calories:	385		
		<i>Preparation:</i>		<i>Preparation:</i>	
		Spread mustard on tortilla, add		Warm beans in saucepan or in	
		turkey, ham, lettuce and tomato.		microwave. Spread on tortilla	
		Roll tortilla.		and add salsa, guacamole, lettuce	
				and roll tortilla.	



Calorie Plan	1200	1400	1600	1800	2000
Target Dinner Calories	550	600	650	700	750

The **dinner** menu options provide a range of calorie values. You can increase, add, delete or substitute items to meet your target **dinner** calories from your **Calorie Plan** in the chart above. When substituting, try to stay in the same food group (fruit for fruit). See the **FitKitSTART Substitution List** for exchange options.

Dinner Menus

Bean Margherita Penne		Fish Tacos		Seared Tuna with Pepper Sauce	
Penne, whole wheat, 2 oz.	200	Fish, halibut or whitefish, 6 oz.	220	Oil, olive, 1 tsp.	40
Chicken, baked, cubed, 1/2 cup	110	Oil, canola, 1/2 Tbs.	50	Tuna, steak, 6 oz.	300
Beans, garbanzo, cooked, 1/4 c.	70	Lime juice, 1 tsp.	5	Peppers, roasted, jar, 1/2 cup	30
Tomatoes, cherry, halved, 1 cup	20	Chili powder, 1/8 tsp.	0	Broth, chicken, reduced sodium	
Olive oil, 1 tsp.	40	Lettuce, shredded, 14 cup	5	1/8 cup	5
Basil, fresh, chopped, to taste	0	Salsa, 1/2 cup	50	Vinegar, balsamic, 1 tsp.	0
Garlic, clove, minced	5	Tortillas, corn, 6", 2	90	Ginger, fresh, minced, 1 tsp.	0
Cheese, parmesan, shred., 2 Tbs.	40	Sour cream, 1 Tbs.	25	Garlic, minced, 1/2 clove	0
Vegetables, mixed, steamed, 2 c.	100	Beans, black, rinsed, 1/2 cup	100	Salt and pepper to taste	0
Calories:	585	Calories:	545	Rice, brown, cooked, 1/2 cup	100
				Salad, mixed with oil and vinegar	100
				Calories:	535
Preparation:		Preparation:		Preparation:	
Cook and drain penne. Saute garlic and basil for 3 minutes in olive oil spray. Add chicken and tomatoes, cook 10 minutes on medium heat. Add to pasta, toss with cheese and serve with vegetables.		Whisk together oil, lime juice and chili powder. Brush on each side of fish fillet, season with salt and pepper. Grill fish until cooked through. Fill tortillas with fish, top with remaining ingredients.		Heat olive oil in pan over medium high heat. Season tuna with salt and pepper. Cook for 3 minutes each side. Blend next 5 ingredients together until smooth. Serve sauce over tuna and rice.	
Thai Peanut Noodle Bowl		Steak and Pepper Tacos		Sesame-Ginger Shrimp	
Rice noodles, cooked, 1/2 cup	85	Oil, olive, spray	0	Oil, sesame, 1 tsp.	40
Peanut butter, 1 Tbs.	90	Cumin, 1 tsp.	0	Garlic, minced, 1 clove	0
Lime juice, 1 Tbs.	90	Garlic, minced, 1 clove	5	Ginger, fresh, minced, 1 tsp.	0
Garlic, clove, minced, 1	5	Steak, sirloin strips, lean, 4 oz.	290	Shrimp, 6 oz., peeled and deveined	160
Ginger, fresh, grated, 1/2 tsp.	5	Peppers, red, sliced, 1-1/2 cups	75	Soy sauce, reduced sodium, 1 T.	90
Edamame, shelled, 1/2 cup	120	Onion, sliced, medium	30	Zucchini, sliced, 1 cup	50
Vegetables, stir fry, frozen, 2 c.	100	Tortilla, whole wheat, 10"	150	Rice, brown, 1/2 cup	100
Onions, scallions, sliced, 2	0	Salsa, 1/2 cup	50		
Calories:	495	Sour cream, 1 Tbs.	25	Calories:	440
		Calories:	600		
Preparation:		Preparation:		Preparation:	
Cook and drain pasta. Combine peanut butter and lime juice in a small bowl. Saute garlic, scallions and ginger in a wok pan with olive oil spray for 5 minutes. Add veggies and cook 5 minutes longer. Add peanut butter mix and cook 5 minutes more. Serve over noodles.		Spray oil in pan. Saute steak strips and cumin for 10 minutes or until desired wellness. Remove from pan. Saute peppers, garlic and onions until soft, 5 minutes. Top tortillas with steak, pepper mix, and top with salsa and sour cream.		Heat the oil in a large skillet over medium-high heat. Add the garlic and ginger and cook for two minutes. Add the shrimp and zucchini and cook for another five minutes, until the shrimp is bright pink and cooked through and the zucchini is crisp and tender. Stir in the soy sauce. Serve with rice.	



Calorie Plan	1200	1400	1600	1800	2000
Target Dinner Calories	550	600	650	700	750

The **dinner** menu options provide a range of calorie values. You can increase, add, delete or substitute items to meet your target **dinner** calories from your **Calorie Plan** in the chart above. When substituting, try to stay in the same food group (fruit for fruit). See the **FitKitSTART Substitution List** for exchange options.

Dinner Menus

<p>BBQ Salmon and Couscous</p> <p>Salmon, filet, 6 oz. 350 Sauce, bbq, 1 Tbs. 25 Oil, olive, 1 tsp. 40 Basil, fresh, chopped, 2 Tbs. 0 Chives, chopped, 2 Tbs. 0 Asparagus, spears, 6 20 Couscous, whole wheat, 1/4 cup 150 Calories: 585</p> <p><u>Preparation:</u> Bake salmon at 350 , or grill, basting with bbq sauce every 5 minutes. Bake 15 minutes or until flaky. Cover cookie sheet with foil, spray with oil. Bake asparagus at 400 degrees until tender, about 15. Cook couscous, adding basil and chives for flavor.</p>	<p>Shrimp Fried Rice</p> <p>Shrimp, deveined and peeled, 6 oz. 160 Oil, sesame, 1 Tbs. 60 Sauce, soy, low sodium, 1 Tbs. 10 Garlic, minced, 1 clove 5 Ginger, fresh, grated, 1 Tbs. 0 Bok choy, chopped, 2 cups 20 Rice, brown, cooked, 1/2 cup 100 Pineapple, fresh, chunks, 1 cup 55 Calories: 410</p> <p><u>Preparation:</u> Cook rice. In a pan, heat oil and soy sauce. Saute garlic, ginger, and bok choy until wilted. Remove from pan. Add shrimp and cook until pink, 5-7 minutes. Add veggie and rice, cook 3 minutes and serve.</p>	<p>Bean & Zucchini Quesadilla</p> <p>Zucchini, chopped, 1 cup 20 Beans, black, cooked, rinsed and drained, 1/2 cup 100 Oil, olive, 2 tsp. 80 Cumin, 1 tsp. 0 Tortilla, rice, 10" * 130 Cheese, cheddar, shredded, low fat, 1/4 cup 50 Salsa, 1/2 cup 50 Chicken, baked, cubed, 1/2 cup 110 Calories: 540</p> <p><u>Preparation:</u> Heat oil and cumin in a pan over medium heat. Add zucchini and cook 5 minutes. Add beans and chicken, cook 5 minutes more. Spread mixture on tortilla and add salsa and cheese. Roll and serve. * Found at Trader Joe's and other specialty markets</p>
<p>Chicken and Cheese Flatbread</p> <p>Spinach, baby, 3 cups 30 Oil, olive, 2 tsp. 50 Garlic, minced, 1 clove 5 Flatbread, whole grain, 1 150 Chicken, rotisserie, no skin, white meat, chopped, 1/2 cup 130 Goat cheese, crumbled, 2 Tbs. 100 Asparagus, steamed, 6 spears 20 Calories: 455 Add:</p> <p><u>Preparation:</u> In a pan, saute spinach and garlic, add chicken until heated through. Heat flatbread in oven or microwave. Spoon mixture on top of flatbread and top with goat cheese. Serve with steamed asparagus.</p>	<p>Tomato and Feta Chicken</p> <p>Chicken, breast, boneless, skinless, 1 - 6 oz. 165 Seasoning, Italian, 1/4 tsp. 0 Pepper, dash Tomato, 1/4 cup, chopped 10 Cheese, feta, 2 Tbs. 90 Onion, green, chopped, 1/2 5 Potato, baked, medium 160 Broccoli, steamed, 1 cup 50 Calories: 480</p> <p><u>Preparation</u> Heat oven to broil. Brush chicken with dressing, sprinkle both sides with salt and pepper, let stand 10 min. Grill or broil chicken turning once, until almost cooked through. Arrange tomato, cheese and onion on chicken, place under broiler until cheese is melted.</p>	<p>Ham and Pineapple Pizza</p> <p>Tortilla, rice, 10" 150 Pizza Sauce, 2 Tbs. 40 Ham, chopped, cubed, 1/4 c. 140 Pineapple, diced, 1/4 cup 15 Cheese, mozzarella, crumb., 2 T. 85 Oil, olive, 2 tsp. 45 Calories: 475</p> <p><u>Preparation</u> Heat oven to broil. Spread oil on tortilla and broil, watching closely, until lightly browned. Remove from oven. Layer tortilla with sauce, cheese, ham, and pineapple. Return pizza to broiler until pineapple and ham are cooked, about 5 minutes. Cut and serve.</p>



The dessert menu options are low calorie, healthy and easy to prepare.
Add these options when you have calories to spare!

Dessert Menus

Ice Cream	Fig Newtons	Strawberry Shake
Vanilla, low fat, 1/2 cup 100 Strawberries, fresh, chopped, 1 cup 50 Calories: 150	Fig Newton cookies, 2 120 Calories: 120	Yogurt, strawberry, low fat 3/4 c. 70 Strawberries, frozen, 3/4 cup 90 Milk, skim, 1/4 cup 45 Calories: 205
Fudge Bar	Ice Cream Cone	Frozen Fruit Bar
Skinny Cow Fat Free Fudge Bar 100 Calories: 100	Smart Ones Giant Sundae Cone 130 Calories: 130	Dreyer's Whole Fruit Bar (Strawberry or Lemonade) 80 Calories: 80
Baked Apples	Fruity Yogurt	Banana and Chocolate
Apple, green or red, medium, 1 75 Butter, 1/2 tsp. 15 Cinnamon, 1/4 tsp. 0 Syrup, maple, 1 tsp. 25 Pecans/walnuts, chopped, 1 tsp. 30 Calories: 145 <u>Preparation:</u> Core apple and cut 1/4 inch off bottom. Place in microwave-safe bowl. Mix next 4 ingredients together. Fill middle off apple with mixture. Cover with plastic and microwave on high 3 min. or until tender.	Yogurt, vanilla, low fat, 6 oz. 80 Blueberries, 1/2 cup 25 Raspberries, 12 cup 25 Calories: 130 <u>Preparation:</u> In parfait glass or bowl, layer 1/2 Jell-O, blueberries and 1/2 cream. Repeat with raspberries.	Banana, small, 1/2, sliced 45 Yogurt, vanilla, non fat, 1 Tbs. 10 Chocolate, semi-sweet morsels, 1 Tbs. 70 Calories: 125 <u>Preparation:</u> Melt chocolate in microwave, pour over bananas and yogurt
Cherries and Cheese	Indoor S'more	Oranges and Raspberries
Cherries, frozen, pitted 3/4 cup 65 Cheese, ricotta, part skim, 2 T. 50 Almonds, slivered, 1 Tbs. 40 Calories: 155 <u>Preparation:</u> Heat the cherries in microwave until warm. Top with ricotta cheese and almonds.	Cracker, graham, 1/2 30 Marshmallows, 1 20 Chocolate, semi-sweet morsels, 1 tsp. 35 Calories: 85 <u>Preparation:</u> Preheat broiler. Place graham cracker on small foiled-covered cooking sheet. Place marshmallow on each cracker. Place cracker in broiler, watch until brown, 30-45 seconds. Melt chocolate in microwave and drizzle.	Orange, seedless, 1/2 40 Juice, lemon, 1/2 tsp. 0 Cinnamon, pinch 0 Raspberries, frozen, 1/2 cup 50 Calories: 85 <u>Preparation:</u> Peel orange and cut in half. Slice and place 1/2 of orange slices on plate. In small saucepan, saute lemon juice, raspberries and cinnamon until bubbly and raspberries are cooked until unfrozen. Spoon mixture over oranges.



The snack menu options provide a range of calorie values. You can increase, add, delete or substitute items to meet your target snack calories from your Calorie Plan in the chart above. When substituting, try to stay in the same food group (fruit for fruit). See the FitKitSTART Substitution List for exchange options.

Snack Menus

<p>Peanut Butter Apple Bites</p> <p>Apple, thin slices, 2 slices 30 Peanut butter, 1 tsp. 45 Banana, 1/4, sliced 25 Sugar, 1/8 tsp. 0 Cinnamon, 1/8 tsp. 0 Calories: 100</p> <p>Preparation: Spread peanut butter on apples, add sliced bananas and sprinkle with cinnamon.</p>	<p>Strawberry Sandwich</p> <p>Bread, whole grain, 1/2 slice 40 Cheese, farmer's, 2 tsp. 50 Strawberries, sliced, 3 15 Honey, 1/2 tsp. 15 Calories: 120</p> <p>Preparation: Spread cheese on bread, top with strawberries and drizzle with honey.</p>	<p>Chocolate Dipped Pretzels</p> <p>Pretzels, thin sticks, 25 50 Chocolate, semi-sweet morsels 1 Tbs. 70 Calories 120</p> <p>Preparation: Microwave chocolate morsels in bowl until melted. Dip pretzels and cool.</p>
<p>Jell-O</p> <p>Jell-O, sugar free, 1 cup 20 Cream, whipped, 2 Tbs. 10 Mixed berries, 1 cup 50 Calories 80</p>	<p>Movie Popcorn</p> <p>Popcorn, 100-calorie pack 100 Calories: 100</p>	<p>Half Turkey Sandwich</p> <p>Bread, whole grain, 1 slice 70 Turkey, deli-style, 3 slices 60 Tomato, sliced, two slices 5 Lettuce 0 Mustard, yellow, 2 tsp. 5 Calories: 140</p>
<p>Nuts</p> <p>Nuts, Almonds, 15 105 Calories: 105</p>	<p>Cheese and Crackers</p> <p>Cheese, string, 1/2 50 Crackers, whole wheat, 4 60 Calories: 110</p>	<p>Salsa Potato</p> <p>Potato, baked, half 75 Salsa, 1/2 cup 25 Calories: 100</p>
<p>Protein Bar</p> <p>Protein Bar, Luna 180 Calories: 180</p>	<p>Pistachios</p> <p>Nut, pistachios, 29 95 Calories: 95</p>	<p>Rice Cake and PB&J</p> <p>Rice Cake, caramel, 1 50 Peanut Butter, 1 tsp. 30 Jelly, all fruit, 2 tsp. 25 Calories: 105</p>
<p>Applesauce and Toast</p> <p>Applesauce, unsweetened, 1/3 c. 50 Toast, whole wheat, 1 slice (cut to dunk) 80 Calories: 130</p>	<p>Milk and Cookies</p> <p>Milk, skim, 1/2 cup 45 Cookies, 100 calorie pack, 1/2 50 Calories: 95</p>	<p>Baby Carrots</p> <p>Carrots, baby, 20 75 Dressing, Ranch, low fat, 2 Tbs. 25 Calories: 100</p>



Calorie Plan	1200	1400	1600	1800	2000
Target Breakfast Calories	200	250	300	350	400
Target Lunch Calories	350	400	450	500	550

Life is busy, and there are times when eating out is your only option. Plan ahead, and review nutritional information from the restaurant's online website or ask for a copy at the counter. Avoid condiments like mayo and creamy dressings, choose grilled over fried and ask for salad dressing on the side. And, watch your portion size!

Meals on the Go

Breakfast

McDonald's Yogurt Parfait		Starbucks		Starbucks	
Fruit and yogurt parfait	160	Latte, chai, skim, tall	150	Frappuccino, light, grande	110
Cappucino, nonfat, medium	80	Apple, small	60	Banana, small	90
Calories:	240	Calories:	210	Calories:	200
Dunkin' Donuts Wake Up		Dunkin' Donuts Flatbread		Burger King	
Egg white and Cheese		Egg White and Veggie		Ham Omelet Sandwich	290
Wake Up Wrap	180	Flatbread Sandwich	290	Calories:	290
Calories:	180	Calories:	290		
<i>Lunch</i>					
Taco Bell		Subway		Au Bon Pain	
Fresco Burrito Supreme with chicken	340	Any "7 under 6" Sub with whole wheat, no cheese, mayo or oil	320	Steak Salad with Cranberries and Mandarin Oranges with Fat-Free Raspberry Vinaigrette	370
Calories:	340	Calories:	320	Calories:	370
Panera Bread		Atlanta Bread Company		Burger King	
Fandango Salad with fat-free raspberry dressing	390	Greek Salad with Low fat dressing	340	Tendergrill Chicken Garden Salad, no cheese, light Italian Dressing	
Calories:	390	Calories:	340	Calories:	300
Burger King		McDonald's		Wendy's	
Ultimate Chicken Grill with Lettuce, tomatoes and Honey Mustard Sauce	320	Premium Southwest Salad with Grilled Chicken	320	Wendy's Chili, small	190
Calories:	320	Newman's Low Fat Balsamic Vinaigrette	40	Side salad, no dressing	30
		Calories:	360	Mandarin oranges	80
				Calories:	300



Calorie Plan	1200	1400	1600	1800	2000
Target Dinner Calories	550	600	650	700	750

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Meals on the Go

Dinner

Burger King		Taco Bell		Pizza Hut	
Tendergrill Chicken Sandwich		Fresco Soft Beef Tacos, 2	370	Thin n' Crispy Pizza with	
Mustard, lettuce tomato only	450	Mexican Rice	130	Quartered Ham & Pineapple	
Side salad with Ken's Light				2 slices	360
Italian Dressing	140			Wings, Baked, 2 wings	80
Calories:	590	Calories:	500	Calories:	440
McDonald's		Wendy's		KFC	
Premium Southwest Salad with		Wendy's Ultimate Chicken Grill		Grilled Chicken Breast and Wing	320
Grilled Chicken	320	with lettuce, tomato, Honey		Green Beans	25
Newman's Own Low Fat		Mustard	350	Corn on the Cob	70
Balsamic Vinaigrette	80	Mandarin Orange Cup	80	Calories:	415
Vanilla red. fat ice cream cone	150	Chocolate Frosty, junior	160		
Calories:	550	Calories:	590		
Panera Bread		Panera Bread		Atlanta Bread Company	
Smoked Ham Sandwich, no		Asian Sesame Chicken Salad		Regular Greek Salad	240
cheese, with mustard and		with reduced sugar Asian	410	Frontier Chicken Chili	290
Whole grain bread	330	Vinaigrette	90		
Soup, French Onion, 10 oz.	200	Calories:	500	Calories:	530
Calories:	530				
Atlanta Bread Company		Boston Market		Boston Market	
Turkey Sandwich on Nine Grain		1/4 White Rotisserie Chicken		Beef Brisket, 4 oz.	280
Bread	370	(no skin)	240	Fresh Steamed Vegetables	60
Garden Vegetable Soup	90	Garlic Dill New Potatoes	140	Cornbread	180
		Seasonal Fresh Fruit Salad	60		
Calories:	460	Calories:	440	Calories:	520
Applebee's		Applebee's		Ruby Tuesdays	
Spicy Shrimp Diablo with		Asian Crunch Salad	490	White Bean Chicken Chili	233
Vegetables	500			Smart Eating Grilled Chicken	260
Calories:	500	Calories:	490	Calories:	493

Substitutions and Calorie Counts

Fruit	Amount	Calories	Vegetables	Amount	Calories
Apple	1 small	60	Asparagus	6 spears	20
Avocado	1 medium	255	Bean Sprouts	1 cup	40
Banana	1 small	90	Beans, black	1/2 cup	100
Blackberries	1 cup	50	Beans, garbanzo	1/2 cup	140
Blueberries	1 cup	50	Beans, Green	1 cup	40
Cantaloupe	1 cup cubed	55	Beans, refried, non fat	1/2 cup	110
Cherries	1/2 cup	45	Bok choy	1 cup	10
Cranberries	1/2 cup	20	Broccoli	1 cup	30
Fruit Salad	1 cup	120	Brussel Sprouts	4 sprouts	25
Grapefruit	1 large	100	Cabbage (all average)	1 cup	20
Grapes	1 cup	60	Carrots	1 medium	35
Nectarine	1 medium	30	Cauliflower	1 cup	20
Olives (all types)	1 medium	10	Celery	1 stick	5
Oranges	1 small	70	Corn, on the cob	1 medium	60
Peaches	1 medium	40	Cucumber	1 medium	10
Pears	1 small	80	Dill Pickles	1 large	10
Pineapple	1 cup cubed	55	Edamame, in pod	2/3 cup	120
Plums	1 medium	40	Egg Plant - (raw)	1 cup	40
Raspberries	1/2 cup	40	Lentils (cooked)	1/2 cup	70
Strawberries	1 cup	50	Lettuce (all types)	1 cup	5
Tangerine	1 small	35	Mushrooms - button	1/2 cup	15
Tomato	1 medium	20	Onions	1 medium	30
Watermelon	1 thick slice	70	Peas - green	1/2 cup	70
Dairy			Potatoes, white	1 medium	160
Butter	1 Tbs.	100	Potatoes, sweet	1 medium	120
Ice cream, vanilla, low fat	1/2 cup	100	Spinach	1/2 cup	15
Eggs, whites	1 large	15	Squash	1/2 cup	25
Eggs, whole	1 large	70	Tomato - Raw	1 medium	20
Ice cream, vanilla, low fat	1/2 cup	100	Zucchini	1 medium	30
Butter, margarine	1 tsp.	35	Bread/Grains		
Milk, 2%	1 cup	130	Bagel, whole wheat	medium	130
Milk, skim	8 oz.	90	Bread, dinner roll, wheat	1 small	70
Milk, soy	8 oz.	160	Bread, flatbread, whole grain	1	100
Milk, whole	8 oz.	150	Bread, raisin	1 slice	80
Cream, sour, low fat	2 Tbs.	35	Bread, sourdough	1 slice	65
Cream, sour, regular	2 Tbs.	50	Bread, whole grain	1 slice	70
Yogurt, low fat	1 container	80	Bread, whole wheat	1 slice	80
Cheese			Bun, hamburger, whole wheat	large	110
Cheddar, shredded, low fat	1/2 cup	100	Bun, hot dog	regular	190
Cheddar, shredded, regular	1/2 cup	220	CousCous, whole wheat	1/3 cup	80
Cheddar, thick slice	1 slice	120	Crackers, graham	2 squares	60
Cottage, no fat	1/2 cup	80	Crackers, Wheat Thins	16	130
Cream cheese	2 Tbs.	130	Croissant	medium	160
Danish Blue	1 oz.	100	Croutons	1/4 cup	45
Feta	1 oz.	90	Muffin, English, whole grain	1 average	120
Goat	2 Tbs.	90	Pasta, whole wheat	2 oz.	210
Gorgonzola	1 oz.	110	Pita, whole wheat	1 pocket	140
Gouda	1 oz.	110	Quinoa	1/4 cup	180
Mozzarella, part skim	1 slice	85	Rice cake, caramel	1 cake	45
Parmesan, grated or shredded	1 Tbs.	20	Rice, brown	1 cup	200
Provolone	1 oz.	110	Rice, white	1 cup	205
Ricotta, part skim	2 Tbs.	50	Tortilla, 1 low fat/low carb, 6"	1 wrap	80
Swiss	1 oz.	110	Tortilla, corn, 6"	1 tortilla	45
String, lowfat	1 stick	80	Tortilla, whole wheat, 10"	1 tortilla	150
Parmesan, shredded	1 Tbs.	20	Waffles, whole grain	2 waffles	170

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Substitutions and Calorie Counts

Meats and Poultry	Amount	Calories
Bacon, lean	3 medium slices	110
Bacon, Turkey	2 slices	50
Beef, bottom round, lean	3 oz.	180
Beef, ground, broiled, 83% lean	3 oz.	220
Beef, roast, oven cooked, lean	3 oz.	185
Beef, steak, flank	3 oz.	240
Beef, steak, sirloin, lean	3 oz.	220
Chicken, breast, skinless, boneless	1 6 oz. breast	165
Chicken, rotisserie, no skin	4 oz.	130
Ham, canned, roasted	3 oz	140
Ham, cooked	2 slices	105
Ham, thin sliced, deli style	3 slices	60
Lamb, chops, lean, broiled	3 oz.	185
Pork, loin chop, boneless	1 chop	250
Pork, tenderloin	6 oz.	245
Turkey, roasted, white, no skin	5 oz.	210
Turkey, thin sliced, deli style	3 slices	60
Fish		
Cod, filet, baked or broiled	3 oz.	90
Crab, cake	1 small	95
Flounder, filet, baked or broiled	3 oz.	100
Grouper, fliet, baked or broiled	3 oz.	100
Halibut, baked or broiled	3 oz.	120
Lobster, steamed	3 oz.	85
Oyster, raw or steamed	6 medium	60
Salmon, filet, baked or broiled	3 oz.	175
Shrimp	3 oz.	85
Snapper, filet, baked or broiled	3 oz.	110
Sushi, roll, avocado	1 roll	150
Sushi, roll, California	1 roll	255
Sushi, roll,spicy tuna	1 roll	290
Tuna, filet, baked or broiled	3 oz.	155
Tuna, light, canned in water	3 oz.	100
Breakfast Cereals		
Cereal, Bran	1/2 cup	80
Cereal, Cheerios, multi grain	1 cup	110
Cereal, Fiber One	1 cup	120
Cereal, Kashi, Go Lean	1 cup	120
Cereal, Raisin Bran	1 cup	195
Cereal, Rice Krispies	1 cup	110
Cereal, Shredded Wheat, spoon	1 cup	165
Cereal, Special K	1 cup	120
Cereal, Total	1 cup	130
Cream of Wheat	1 cup	130
Granola, low fat with raisins	1/2 cup	270
Granola, low fat no raisins	1/2 cup	185
Oatmeal	1 cup	145

Condiments	Amount	Calories
Horseradish	1 tsp.	0
Hummus	1/3 cup	140
Jelly, all fruit	2 Tbs.	80
Juice, lemon	1 tsp.	0
Juice, lime	1 tsp.	0
Ketchup	1 Tbs	15
Mayonnaise, low fat	1 Tbs.	45
Mayonnaise, regular	1 Tbs.	100
Mustard, Dijon	1 Tbs.	15
Mustard, yellow	1 Tbs.	10
Oil, Canola	1 Tbs.	125
Oil, cooking spray	1 spray	0
Oil, extra virgin	1 Tbs.	120
Oil, Olive	1 Tbs.	120
Oil, olive, cooking spray	Spray	0
Oil, sesame	1 tsp.	45
Pickles, dill	1 - 2 ounce	10
Pickles, sweet	1 - 1 ounce	40
Relish, sweet	1 Tbs.	20
Salsa	2 Tbs.	15
Sauce, BBQ	2 Tbs.	45
Sauce, pizza	2 Tbs.	40
Sauce, soy, low sodium	1 Tbs.	10
Sauce, teriyaki	2 Tbs.	45
Sugar	1 tsp.	15
Vinegar	1 Tbs.	0
Soup		
Black Bean	1 cup	115
Chicken Noodle	1 cup	60
Chicken with Rice	1 cup	110
Minestrone	1 cup	80
Tomato	1 cup	75
Vegetable	1 cup	70
Salad Dressings		
Ken's Steakhouse		
Caesar, Light	2 Tbs.	70
Blue Cheese, light chunky	2 Tbs.	80
Raspberry Pecan, fat free	2 Tbs.	50
Kraft		
Italian, Fat Free	2 Tbs.	20
Italian, Zesty	2 Tbs.	110
Ranch, fat free	2 Tbs.	50
Newman's Own		
Honey Mustard, Lighten Up	2 Tbs.	70
Sesame Ginger, Lighten Up	2 Tbs.	35
Vinaigrette, Balsamic	2 Tbs.	90
Vinaigrette, Balsamic, Lighten Up	2 Tbs.	45
Oil and Vinegar, Lighten Up	1 Tbs.	55

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Substitutions and Calorie Counts

Meals on the Go		
Burger King		
Side Salad with Ken's Light Italian	140	
Tendergrill Chicken Sandwich, no mayo	380	
Tendergrill Garden Salad with Ken's Light Italian	390	
Jr. Whopper, no mayo	260	
McDonald's		
Premium Southwest Grilled Chicken Salad , no dressing	320	
Grilled Chicken Classic Sandwich, no mayo	365	
Hamburger	250	
Newman's Own Low fat balsamic dressing, 1 packet	40	
Honey Mustard Snack Wrap	260	
Wendy's		
Chicken Caesar Salad with fat free dressing	285	
Grilled Chicken Go Wrap, no sauce	310	
Ultimate Chicken Grill, lettuce, tomato, honey mustard	320	
Frosty, small	350	
Taco Bell		
Fresco Burrito Supreme, Chicken	340	
Fresco Crunch Tacos, 2	300	
Fresco Grilled Steak Soft Taco	160	
Juice, Soda, Sport Drinks		
Juice, apple	1 cup	120
Juice, cranberry	1 cup	135
Juice, grapefruit	1 cup	100
Juice, orange	1 cup	110
Juice, pineapple	1 cup	135
Juice, tomato, V8	1 cup	50
Soda, 7 Up	12 oz.	150
Soda, Coca Cola	12 oz.	150
Soda, root beer	12 oz.	165
Sports Drink, Gatorade	12 oz.	310
Sports Drink, Powerade	12 oz.	110
Sports Drink, Powerade Zero	8 oz.	0
Sports Drink, Propel Fit Water	8 oz.	20
Water, flavored, Sobe Life	8 oz.	0

Snacks 100 calories or less	Amount	Calories
Applesauce, unsweetened	1/2 cup	50
Celery	5 stalks	30
Cheese, string, low fat	1 stick	80
Chips, baked, 100 calorie pack	1 pack	100
Cookies, Fig Newtons	2 cookies	120
Crackers, animal	8	85
Crackers, graham	2 squares	65
Crackers, saltines	5 crackers	65
Marshmallows	1	20
Morsels, semi sweet chocolate	1 Tbs.	70
Nuts, pistachios	29	95
Popcorn, low fat, individual serving	1 bag	100
Pretzels, Rold Gold tiny sticks	1 oz or 48	100
Pudding, Chocolate, sugar free	1/2 cup	90
Rice cakes, caramel, Quaker	2 cakes	100
Soup, chicken noodle, low fat	1 cup	75
Yogurt, low fat, 1 container	1 container	80
Nuts		
Almonds, raw, unblanched	1/2 cup	410
Cashews	1/2 cup	390
Hazelnuts, shelled	1/2 cup	445
Macadamia nuts	1/2 cup	465
Peanut Butter	1 Tbs.	95
Peanut Butter, low fat	1 Tbs.	90
Peanuts, raw	1/2 cup	400
Pecans, halves	1/2 cup	375
Pistachios, shelled	1/2 cup	320
Walnuts	1/4 cup	210
Alcohol and Mixers		
Beer, light	12 oz.	110
Beer, low carb	12 oz.	95
Beer, regular	12 oz.	150
Liquor, gin	1 oz.	65
Liquor, margarita	8 oz.	750
Liquor, Pina Colada	8 oz.	650
Liquor, rum	1 oz.	65
Liquor, tequila	1 oz.	70
Liquor, vodka	1 oz.	65
Liquor, whiskey	1 oz.	65
Mixer, club soda	8 oz.	0
Mixer, tonic	12 oz.	125
Wine, red	6 oz.	150
Wine, white	6 oz.	145
Wine, white spritzer	6 oz.	120

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6 Week FitKitSTART Workout Program

Your **FitKitSTART Workout Program** is designed to maximize your fitness results! Whether your goal is to lose weight, maintain weight, or tone, your **FitKitSTART Workout Program** can be customized to work for you. When used in combination with the **FitKitSTART Nutrition Guide**, you will achieve great results and a fitter, healthier **YOU!**

Your **FitKitSTART Workout Program** provides a complete 6 week program that incorporates cardio and strength training for optimal results. The benefits you gain from regular exercise (both cardio and strength) not only improve your health and well-being, but decreases stress, promotes weight loss, and prevents high blood pressure, osteoporosis, diabetes and certain types of cancer. Physical activity will also boost your energy level, improve your mood, and help you sleep better.

Your **FitKitSTART Workout** incorporates all the components of **FitKit** for a complete workout wherever, whenever!

Get STARTed to a Better YOU!

- 1) Utilize the **FitKitSTART Calculator** to determine the calories you need to burn daily to achieve your goal.
- 2) Identify your **FitKitSTART** goal: Lose weight, maintain weight, tone and sculpt, or tone and lose weight.
- 3) Follow the 6-week **FitKitSTART Workout Plan** for a fitter, healthier you!



Amie Hoff

Fitness Expert

Maximizing your FitKitSTART Workout

Cardio

- * Always monitor your heart rate while exercising. This ensures you are exercising in a range that is safe and maximizes your results. Learn how to calculate heart rate below.
- * Find an activity that you enjoy and you will have a greater chance of sticking to a cardio program.
- * Switch it up - If at the gym doing cardio, try 2-3 different machines for 15 minutes each to increase variety and keep your interest.
- * If you don't have time for cardio, sneak it in between sets of strength training. Sprint 2-3 minutes on the treadmill or run in place, jump rope or choose cardio options from the **FitKitCLUB Exercise Library**.
- * Take a fitness class that focuses on cardio, like spinning, step, or kickboxing.
- * Turn up the Music! Music is a great motivator. Load your music device with fast paced, energizing music.

Strength Training

- * Always contract your abdominal/core muscles while doing exercises. This will help with posture and stabilize your form.
- * Breathe naturally and try not to hold your breath.
- * Focus on the muscle being worked and try to relax all but that muscle and your core.
- * Keep a slight bend in the knees for all standing exercises.
- * Try new exercises to stimulate the muscles.
- * Keep the shoulders relaxed at all times.
- * Keep your hands relaxed when holding on to handles or bands so not to expend too much energy while gripping.
- * If balance is an issue, most standing exercises can be performed while seated.

Be sure to drink water throughout your workout to stay hydrated!



FitKitSTART Cardio Guidelines

Cardiovascular fitness will strengthen the heart and burn calories. Choose any activity from the **Cardio/Calorie Burn List** or incorporate cardio exercises from the **FitKitCLUB Exercise Library**. When choosing from the library, find a few of the cardio exercises and do 1-2 minute circuits with a 15-30 second rest between circuits.

Exercise Intensity

To increase your cardiovascular fitness and calorie burn, you must increase your exercise intensity level. There are three ways of determining your exercise intensity level:

1) **Talk/Test Perceived Exertion**- Based on a scale of 1-10, with 1 being at rest and 10 being at full exertion. You will work out within this range.

Light - Between levels 3-4

Moderate - Between levels 5-6

Hard - Between levels 7-9

You should be able to talk comfortably at the lower levels of exertion. Talking becomes more difficult as intensity increases. Never reach the level of intensity where you have difficulty talking.

2) **Karvoen Formula*** - Use this formula to determine your intensity based on your heart rate - the number of times your heart beats per minute.

To calculate your **Resting Heart Rate**, take your pulse on your wrist while sitting quietly. Count the number of heart beats in 10 seconds and multiply by 6.

Maximum Heart Rate: 220 - (minus) age

Intensity: Maximum Heart Rate - (minus) Resting Heart Rate

Light Effort: Intensity x .55 + Resting Heart Rate

Moderate Effort: Intensity x .70 + Resting Heart Rate

Hard Effort: Intensity x .85 + Resting Heart Rate

Example: Cindy is 48 with a Resting Heart Rate of 60

$220 - 48 = 172$ (this is Cindy's Max Heart Rate)

$172 - 60 = 112$ (Intensity)

$112 \times .55 + 60 = 121$ (Light Effort), $121/6 = 20$ beats per 10 seconds

$112 \times .70 + 60 = 138$ (Moderate Effort) $138/6 = 23$ beats per 10 seconds

$112 \times .85 + 60 = 155$ (Hard Effort) $155/6 = 26$ beats per 10 seconds

3) **Heart Rate Monitor**

A heart rate monitor is a great investment in your health. They monitor your heart rate continuously, allowing you to exercise without interruption for maximum results. There are many brands of heart rate monitors on the market, all have a wristwatch that constantly monitors your heart rate. Some have a chest strap and more advanced models use a wristwatch alone. Some heart rate monitors will also provide information on calories burned, workout results, etc.

* The Karvoen Formula was developed by a Scandinavian physiologist and is considered the gold standard in calculating heart rate.



FitKitSTART Strength Training Guidelines

Resistance, whether using tubing, bands or body weight, will increase muscle density and tone. Access the **FitKitCLUB Exercise Library** and choose from the **Focus Areas(muscle groups)**. Mix things up and vary the muscle groups to ensure muscle balance, symmetry, injury prevention and functional movement.

Focus Areas

The **FitKitCLUB Exercise Library** contains exercises for improving strength in 13 muscle groups, or **Focus Areas**.

Upper Body - Shoulders, Chest, Biceps, Triceps, Back, Lower Back

Lower Body - Hips, Glutes, Quads, Hamstrings, Inner Thigh

Core - Abs, Obliques

Sets and Repetitions

A *repetition* is one complete movement through an exercise. Example – One repetition of a bicep curl is lifting and lowering the weight. A *set* is a group of repetitions. You will perform the number of repetitions in each set based on your fitness level. As you get stronger, you will add intensity to challenge the muscles.

Reps Per Set

Beginner: 10 Reps

Intermediate: 12 Reps

Advanced: 15 Reps

Increasing and Decreasing Resistance

Increase Resistance By:

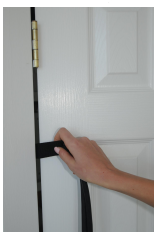
- * Standing further away from the door (Do not stretch more than 2X the resting length)
- * Holding both handles in one hand
- * Stepping on the band with more slack between feet

Decrease Resistance By:

- * Standing closer to the door
- * Place the Stability Attachment lower on the door
- * Stand with feet closer together and less slack between feet

Stability Attachment

The **Stability Attachment** expands the number of exercises you can do with the **FitKitSTART Workout**.



Anchoring the Stability Attachment

- * Place the Resistance Tube through the loop on the Stability Attachment.
- * Insert the Stability Attachment (non-looped end) behind the **hinged** side of a door, placing it at the anchor point stated in the exercise. The tubing will be on your side of the door.
- * Close the door securely. Pull on the attachment to ensure the door will not open.
- * Follow the exercises as stated to ensure safety and proper form.



Upper Body - Shoulders, Chest, Biceps, Triceps, Back	Reps Per Set
Lower Body - Hips, Glutes, Quads, Hamstrings, Inner Thigh	Beginner 10 Reps
Inner Thigh	Intermediate 12 Reps
Core - Lower Back, Abs, Obliques	Advanced 15 Reps

6 Week FitKitSTART Workout Schedule

Week 1				
Goal	Cardio Frequency	Cardio Intensity	Strength	Sets
Lose Weight	4 Days	20 Minutes Light to Moderate or Calorie Burn Goal*	1 Day Upper Body 1 Day Lower Body 2 Days Core	2 Sets Each Focus Area
Maintain Weight	3 Days	20 Minutes Moderate	1 Day Upper Body 1 Day Lower Body 2 Days Core	2 Sets Each Focus Area
Tone and Sculpt	2 Days	20 Minutes Light to Moderate	2 Days Upper Body 2 Days Lower Body 3 Days Core	2 Sets Each Focus Area
Lose Weight Tone and Sculpt	3 Days	20 Minutes Light to Moderate or Calorie Burn Goal	2 Days Total Body 2 Days Core	2 Sets Each Focus Area
Week 2				
Goal	Cardio Frequency	Cardio Intensity	Strength	Sets
Lose Weight	4 Days	25 Minutes Light to Moderate or Calorie Burn Goal	1 Day Upper Body 1 Day Lower Body 2 Days Core	2 Sets Each Focus Area
Maintain Weight	3 Days	25 Minutes Moderate	1 Day Upper Body 1 Day Lower Body 2 Days Core	2 Sets Each Focus Area
Tone and Sculpt	2 Days	25 Minutes Light to Moderate	2 Days Upper Body 2 Days Lower Body 3 Days Core	2 Sets Each Focus Area
Lose Weight Tone and Sculpt	3 Days	25 Minutes Light to Moderate or Calorie Burn Goal	2 Days Total Body 2 Days Core	2 Sets Each Focus Area
Week 3				
Goal	Cardio Frequency	Cardio Intensity	Strength	Sets
Lose Weight	4 Days	30 Minutes Hard or Calorie Burn Goal	1 Day Upper Body 1 Day Lower Body 3 Days Core	2 Sets Each Focus Area
Maintain Weight	3 Days	30 Minutes Moderate	1 Day Upper Body 1 Day Lower Body 2 Days Core	3 Sets Each Focus Area
Tone and Sculpt	2 Days	20 Minutes Moderate	2 Days Upper Body 2 Days Lower Body 2 Days Core	Day 1 - 2 Sets Each Area Day 2 - 3 Sets Each Area
Lose Weight Tone and Sculpt	3 Days	25 Minutes Moderate or Calorie Burn Goal	2 Days Total Body 2 Days Core	Day 1 - 2 Sets Each Area Day 2 - 3 Sets Each Area 3 Sets Each Focus Area

* **Calorie Burn Goal** is determined utilizing the **FitKitSTART Calculator** and identifying your weight loss goal.

** **Focus Areas** are muscle groups. Biceps, triceps, etc. are **Focus Areas**.



Upper Body - Shoulders, Chest, Biceps, Triceps, Back	Reps Per Set
Lower Body - Hips, Glutes, Quads, Hamstrings, Inner Thigh	Beginner 10 Reps
Core - Lower Back, Abs, Obliques	Intermediate 12 Reps
	Advanced 15 Reps

6 Week FitKitSTART Workout Schedule

Week 4				
Goal	Cardio Frequency	Cardio Intensity	Strength	Sets
Lose Weight	4 Days	30 Minutes Moderate or Calorie Burn Goal*	1 Day Upper Body 1 Day Lower Body 3 Days Core	3 Sets Each Focus Area**
Maintain Weight	2 Days	40 Minutes Moderate	1 Day Upper Body 1 Day Lower Body 2 Days Core	3 Sets Each Focus Area
Tone and Sculpt	2 Days	20 Minutes Hard	2 Days Upper Body 2 Days Lower Body 3 Days Core	3 Sets Each Focus Area
Lose Weight Tone and Sculpt	4 Days	30 Minutes Moderate or Calorie Burn Goal	2 Days Total Body	Day 1 - 2 Sets Each Area Day 2 - 3 Sets Each Area
			3 Days core	3 Sets Each Focus Area
Week 5				
Goal	Cardio Frequency	Cardio Intensity	Strength	Sets
Lose Weight	4 Days	40 Minutes Moderate to Hard or Calorie Burn Goal	1 Day Upper Body 1 Day Lower Body 3 Days Core	3 Sets Each Focus Area
Maintain Weight	3 Days	35 Minutes Moderate	2 Days Total Body 2 Days Core	3 Sets Each Focus Area
Tone and Sculpt	2 Days	30 Minutes Moderate	2 Days Upper Body 2 Days Lower Body 3 Days Core	3 Sets Each Focus Area
Lose Weight Tone and Sculpt	3 Days	30 Minutes Moderate to Hard or Calorie Burn Goal	1 Day Upper Body 1 Day Lower Body 2 Days Core	3 Sets Each Focus Area
Week 6				
Goal	Cardio Frequency	Cardio Intensity	Strength	Sets
Lose Weight	4 Days	45 Minutes Moderate to Hard or Calorie Burn Goal	1 Day Upper Body 1 Day Lower Body 3 Days Core	3 Sets Each Focus Area
Maintain Weight	3 Days	40 Minutes Moderate	1 Day Upper Body 1 Day Lower Body 2 Days Core	3 Sets Each Focus Area
Tone and Sculpt	2 Days	20 Minutes Hard	2 Days Total Body	3 Sets Each Focus Area
			1 Day Lower Body	3 Sets Each Focus Area
			1 Day Upper Body	3 Sets Each Focus Area
			3 Days Core	3 Sets Each Focus Area
Lose Weight Tone and Sculpt	3 Days	40 Minutes Moderate to Hard	3 Days Total Body 2 Days Core	3 Sets Each Focus Area

* **Calorie Burn Goal** is determined utilizing the **FitKitSTART Calculator** and identifying your weight loss goal.

** **Focus Areas** are muscle groups. Biceps, triceps, etc. are **Focus Areas**.



FitKitSTART Cardio/Calorie Burn Chart

Access the [FitKitCLUB Exercise Library](#) to view a variety of cardio options. Additionally, use the chart below to determine the calories burned with various activities. These calories are an estimate based on weight. Age, height and fitness level may affect actual calories burned.

Approximate Calories Burned in 30 Minutes of Exercise

Activity/Weight	125 lbs.	150 lbs.	200 lbs.	225lbs.
Cycling				
Stationary - Moderate	198	238	318	358
Stationary - hard	298	357	476	499
Outdoor 19mph	340	408	544	575
Running				
12 minute mile	227	272	363	375
10 minute mile	283	340	390	420
8 minute mile	330	375	410	450
Walking				
Light	94	112	150	165
Moderate	142	170	210	230
Hard	227	245	270	290
Elliptical				
Light	275	300	350	385
Moderate	300	320	390	425
Hard	325	345	410	450
Swimming				
Freestyle Light	175	200	275	300
Freestyle Moderate	198	238	295	330
Freestyle Hard	229	255	300	355
Jump Rope				
Light	250	275	345	385
Moderate	270	330	385	425
Hard	300	360	410	450
Aerobics				
Low Impact	141	170	226	250
High Impact	200	240	305	340



Let's Get **STARTed!!**

STARTing Measurements

Weight:

Upper Arm:

Hips:

Waist:

Thigh:

My Six Week Goals

1)

2)

3)

4)

5)

6)



I Did It!!

Final Measurements

Weight:

Upper Arm:

Hips:

Waist:

Thigh:

My Six Week Goals

1)

2)

3)

4)

5)

6)



Weekly Diary

Week # _____

Weight _____

M O N	Breakfast	Lunch	Dinner	Snacks	Exercise
	Calories _____	_____	_____	_____	
T U E	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
W E D	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T H U R	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
F R I	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S A T	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S U N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	



Weekly Diary

Week # _____

Weight _____

M O N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T U E	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
W E D	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T H U R	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
F R I	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S A T	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S U N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	



Weekly Diary

Week # _____

Weight _____

M O N	Breakfast	Lunch	Dinner	Snacks	Exercise
	Calories _____	_____	_____	_____	
T U E	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
W E D	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T H U R	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
F R I	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S A T	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S U N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	



Weekly Diary

Week # _____

Weight _____

M O N	Breakfast	Lunch	Dinner	Snacks	Exercise
	Calories _____	_____	_____	_____	
T U E	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
W E D	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T H U R	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
F R I	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S A T	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S U N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	



Weekly Diary

Week # _____

Weight _____

M O N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
Calories _____	Total _____				_____
	Breakfast	Lunch	Dinner	Snacks	
T U E	_____	_____	_____	_____	Calories Burned _____
	Total _____				
Breakfast	Lunch	Dinner	Snacks	Exercise	
	_____	_____	_____		_____
W E D	Total _____				_____
	Breakfast	Lunch	Dinner	Snacks	
T H U R	_____	_____	_____	_____	Calories Burned _____
	Total _____				
Breakfast	Lunch	Dinner	Snacks	Exercise	
	_____	_____	_____		_____
F R I	Total _____				_____
	Breakfast	Lunch	Dinner	Snacks	
S A T	_____	_____	_____	_____	Calories Burned _____
	Total _____				
Breakfast	Lunch	Dinner	Snacks	Exercise	
	_____	_____	_____		_____
S U N	Total _____				_____
	Breakfast	Lunch	Dinner	Snacks	
_____	_____	_____	_____	_____	Calories Burned _____
	Total _____				



Weekly Diary

Week # _____

Weight _____

M O N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T U E	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
W E D	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
T H U R	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
F R I	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S A T	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	
S U N	Breakfast	Lunch	Dinner	Snacks	Exercise
	_____	_____	_____	_____	