Record your diet and activities for a 24-hour period. Then fill in alternatives you could have chosen—decreases in calorie intake or increases in physical activity—that could help tip your the energy balance toward weight loss. For example, choosing a glass of water instead of a regular soda would save 150 calories; walking for 15 minutes instead of driving to class would burn about 80 calories. To lose 1/2 to 1 pound a week, you need to create a negative energy balance between 1750 and 3500 calories a week, or 250 to 500 calories per day. To determine total calories in a food, use food labels and the USDA's online nutrient database (www.nal.usda.gov/fnic/foodcomp); ask about nutrition information from your favorite restaurants. Estimates of the calorie costs of physical activities are available from many sites, including the Prevention Calorie Counter (www.prevention.com/cda/caloriecalc2002/1,2540,s1-0,00.html), Cybex International (www.ecybex.com/education/calculators index.html), and the American Heart Association Just Move site (www.justmove.org).			
Time	Food or Activity	Healthier Choice	Calorie Savings
			Total

Energy Balance for Weight Loss Log

Date _____