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## www.HealPlayLove.org 530-518-1406

ъ.			
Date			

## Remember your good CENTS: Chew, Eat, Nibble, Taste and Sip

Focus (from video)	Bi Time	reakfast	Time	Snack	L Time	unch	Time	Snack	D Time	inner	Time	Snack
Location												
Calories →												
Fruits Veggies Water Supplements					Total calories for day:							
Protein grams ( %) Fat grams ( %) Carbs grams ( %)												

<sup>\*-</sup> note any snacks, meals or drinks where you feel you consumed too much.

Exercise	Activity	Duration	Intensity	Calories Burned	
Soreness (1-10)				2000	
Celebration			Resting HR	Confidence (1-10)	
Mood/Notes	od/Notes		BMR (calories needed) Intake (calories consumed) Expenditure (calories used)		