**3 Day Diet Record**

**Day of Week Taken: M T W Th F Sat Sun (Circle or highlight)**

**Date: August 27th 2012**

|  |  |  |  |
| --- | --- | --- | --- |
| **Meal** | **Food Eaten** | **Amount** | **Cooking Method** |
| Breakfast | Peter Pan Creamy Peanut Butter | 1.5 T |  |
|  | 100% Whole Wheat Sara Lee Classic Bread | 1 slice |  |
|  | Pineapple Chunks | ½ C |  |
| Lunch | Mountaineer Wrap |  |  |
|  | Medium Whole Grain Soft Tortilla | 1 |  |
|  | Sesame Chicken | 1 C | Grilled |
|  | Lettuce, Sliced Carrots, Sliced Purple Onions, Sliced Green Peppers | 1 C |  |
|  | Soy Sauce | 1 T |  |
| Snack | Cheesehead Light String Cheese | 1 stick |  |
|  | Multivites Complete Multivitamin (gummy) | 2 |  |
| Supper | McAlister’s Chicken and Dumpling Soup | 1 C |  |
|  | ½ McAlister’s Veggie Spud |  |  |
|  | Small Potato | 1 | Baked |
|  | Mozzarella Cheese | ¼ C |  |
|  | Olives, Onions, Diced Tomatoes, Green Peppers | ½ C |  |
|  | Strawberry Banana Naked Juice Smoothie | 8 oz |  |
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**3 Day Diet Record**

**Day of Week Taken: M T W Th F Sat Sun (Circle or highlight)**

**Date: August 28th 2012**

|  |  |  |  |
| --- | --- | --- | --- |
| **Meal** | **Food Eaten** | **Amount** | **Cooking Method** |
| Breakfast | Peter Pan Creamy Peanut Butter | 1 T |  |
|  | 100% Whole Wheat Sara Lee Classic Bread | 1 slice |  |
|  | Medium Peach | 1 |  |
|  | Cheesehead Light String Cheese | 1 stick |  |
|  | Multivites Complete Multivitamin (gummy) | 2 |  |
| Lunch | Garlic Hummus Wrap |  |  |
|  | Garlic Hummus | ½ C |  |
|  | Sliced Cheddar Cheese, Sliced Carrots, Romaine Lettuce, Sliced Red Peppers, Purple Cabbage, Diced Tomatoes, Cucumbers | 1 C |  |
|  | Light Italian Dressing | ¼ C |  |
|  | Medium Banana | 1 |  |
| Snack | Strawberry Banana Naked Juice Smoothie | 8 oz |  |
|  | Betty Crocker Scooby- Doo fruit flavored snacks | 1 pack |  |
|  | Single Stuffed Oreos | 2 |  |
| Supper | White Rice | ½ C | Steamed |
|  | Sweet and Sour Shrimp | 1 C | Fried |
|  | Pineapple Chunks, Vidalia Onions, Cauliflower, Zucchini, Mushrooms, Squash, Red and Green Peppers, Broccoli, Water Chesnuts | 1 C | Pan Fried |
|  | Soy Sauce | 1 T |  |
| Snack | Cinnamon Toast Crunch | ¾ C |  |
|  | 2% Milk | ½ C |  |
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**3 Day Diet Record**

**Day of Week Taken: M T W Th F Sat Sun (Circle or highlight)**

**Date: September 2nd 2012**

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| --- | --- | --- | --- |
| **Meal** | **Food Eaten** | **Amount** | **Cooking Method** |
| Breakfast | Pancakes (Bisquick, 1% Milk) | 2 |  |
|  | Light Salted Butter | ¼ T |  |
|  | Aunt Jemima Original Syrup | ¼ C |  |
|  | Hormel Bacon | 1 slice |  |
|  | Half Caff Maxwell House Medium Coffee | 1 C |  |
|  | White Sugar | 2 t |  |
|  | 1% Milk | 1/8 C |  |
| Lunch | Flower’s Hoagie Rolls | 2 slices |  |
|  | Oscar Meyer Deli Fresh Oven Roasted Turkey | 2 slices |  |
|  | Sargento Extra Thin Mild Cheddar Cheese | 2 slices |  |
|  | Oscar Meyer Hard Salami | 2 slices |  |
|  | Tomato | 2 slices |  |
|  | Vidalia Onion | 2 slices |  |
|  | Mount Olives Banana Peppers | 5 slices |  |
|  | Mezzetta Pepperoncini and Feta Sandwich Spread | 1 T |  |
|  | Sliced Cucumbers, Sliced Carrots, Sliced Zucchini | ¼ C |  |
|  | Kraft Buttermilk Ranch | 1 T |  |
| Snack | Lays Original Chips | 10 chips |  |
|  | Oreo Cupcake | 1 |  |
| Supper | Hillshire Farms Brats | 1 | Grilled |
|  | Merita Hot Dog Buns | 1 |  |
|  | Sliced Onion | 2 slices | grilled |
|  | Claussen Sauerkraut | 1 T |  |
|  | Barbeque Slaw | 1 T |  |
|  | Coke | 1 can |  |
|  | Kraft Jet Puffed Marshmallows | 2 | Roasted |
|  | Honey Maid Honey Graham Crackers | 2 squares |  |
|  | Hershey’s Chocolate | 2 squares |  |

**Three-Day Activity Log**

**Day/Date: Monday August 27th 2012**

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| **Time of Day** | **Duration** | **Type of Activity** |
| 12:00 am- 12:30 am | 30 min | Read |
| 12:30 am- 9:00 am | 510 min | Sleep |
| 9:00 am- 9:05 am | 5 min | Brush Teeth/ Wash Face |
| 9:05 am- 9:07 am | 2 min | Prepare Breakfast |
| 9:07 am- 9:15 am | 8 min | Eat Breakfast |
| 9:15 am- 9:18 am | 3 min | Clean Up |
| 9:18 am- 9:20 am | 2 min | Check Email |
| 9:20 am- 9:32 am | 12 min | Finish Chemistry HW |
| 9:32 am- 9:42 am | 10 min | Get Ready for Run |
| 9:42 am- 10:09 am | 27 min | Run (medium pace) |
| 10:09 am- 10:17 am | 8 min | Rest and Stretch |
| 10:17 am- 10:32 am | 15 min | Shower |
| 10:32 am- 10:45 am | 13 min | Get Ready (Dressed) |
| 10:45 am- 11:00 am | 15 min | Check Email |
| 11:00 am- 11:11 am | 11 min | Read Philosophy |
| 11:11 am- 11:30 am | 19 min | Walk to Central/ Get Food |
| 11:30 am- 11:46 am | 16 min | Eat |
| 11:46 am- 11:52 am | 6 min | Walk to Class |
| 11:52 am- 12:34 pm | 42 min | Sit in Class |
| 12:34 pm- 1:13 pm | 39 min | Run Errands/ Walk Home |
| 1:13 pm- 1:30 pm | 17 min | Surf Internet |
| 1:30 pm- 2:22 pm | 52 min | Read Philosophy |
| 2:22 pm- 4:00 pm | 98 min | Homework/ Shop Online |
| 4:00 pm- 6:00 pm | 120 min | Take Notes on Reading |
| 6:00 pm- 6:15 pm | 15 min | Get Ready to Workout |
| 6:15 pm- 8:20 pm | 125 min | Workout Classes |
| 8:20 pm- 8:25 pm | 5 min | Walk to Dining Hall |
| 8:25 pm- 8:35 pm | 10 min | Wait for Food |
| 8:35 pm- 8:40 pm | 5 min | Walk Home |
| 8:40 pm- 9:00 pm | 20 min | Eat |
| 9:00 pm- 9:02 pm | 2 min | Clean Up |
| 9:02 pm- 9:11 pm | 9 min | Take Shower |
| 9:11 pm- 9:15 pm | 4 min | Get dressed |
| 9:15 pm- 10:08 pm | 53 min | Finish Philosophy HW |
| 10:08 pm- 10:10 pm | 2 min | Check Email |
| 10:10 pm- 10:44 pm | 34 min | Computer Homework |
| 10:44 pm- 10:51 pm | 7 min | Get Ready for Bed |
| 10:51 pm- 12:00 am | 69 min | Read |
| **Total** | **24 hours (1440 minutes)** |  |

**Day/Date: Tuesday August 28th 2012**

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| **Time of Day** | **Duration** | **Type of Activity** |
| 12:00 am- 9:00 am | 540 min | Sleep |
| 9:00 am- 9:18 am | 18 min | Get Dressed/ Hygiene |
| 9:18 am- 9:33 am | 15 min | Devotion |
| 9:33 am- 9:44 am | 11 min | Fix Hair/ Makeup |
| 9:44 am- 10:00 am | 16 min | Eat |
| 10:00 am- 10:15 am | 15 min | Talk on Phone |
| 10:15 am- 10:18 am | 3 min | Clean Up |
| 10:18 am- 10:35 am | 17 min | Walk to Post Office |
| 10:35 am- 10:45 am | 10 min | Walk to Class |
| 10:45 am- 12:10 pm | 85 min | Sit in Class |
| 12:10 pm- 12:20 pm | 10 min | Walk to Class |
| 12:20 pm- 1:39 pm | 79 min | Sit in Class |
| 1:39 pm- 1:46 pm | 7 min | Walk to Central/ Get Food |
| 1:46 pm- 1:50 pm | 4 min | Walk to Class |
| 1:50 pm- 3:11 pm | 81 min | Eat/ Sit in Class |
| 3:11 pm- 3:25 pm | 14 min | Walk Home |
| 3:25 pm- 3:44 pm | 19 min | Nutrition Homework |
| 3:44 pm- 5:00 pm | 76 min | Read |
| 5:00 pm- 5:10 pm | 10 min | Fire Drill |
| 5:10 pm- 5:27 pm | 17 min | Look Over New HW |
| 5:27 pm- 6:28 pm | 61 min | Study |
| 6:28 pm- 6:40 pm | 12 min | Walk to Dining Hall |
| 6:40 pm- 7:04 pm | 24 min | Eat |
| 7:04 pm- 7:09 pm | 5 min | Walk Home |
| 7:09 pm- 7:29 pm | 20 min | Talk on Phone |
| 7:29 pm- 7:32 pm | 3 min | Clean Up |
| 7:32 pm- 7:40 pm | 8 min | Get Ready for Run |
| 7:40 pm- 7:50 pm | 10 min | Walk to Gym |
| 7:50 pm- 8:40 pm | 50 min | Elliptical level 10 |
| 8:40 pm- 8:54 pm | 14 min | Walk to Market/ Home |
| 8:54 pm- 9:00 pm | 6 min | Get Ready for Shower |
| 9:00 pm- 9:14 pm | 14 min | Shower |
| 9:14 pm- 9:27 pm | 13 min | Get Ready for Bed |
| 9:27 pm- 9:50 pm | 23 min | Surf Web |
| 9:50 pm- 11:00 pm | 70 min | Watch TV |
| 11:00 pm- 12:00 am | 60 min | Read |
| **Total** | **24 hours (1440 minutes)** |  |

**Day/Date: Sunday September 2nd 2012**

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| **Time of Day** | **Duration** | **Type of Activity** |
| 12:00 am- 7:00 am | 420 min | Sleep |
| 7:00 am- 7:20 am | 20 min | Walk Dog |
| 7:20 am- 8:45 am | 85 min | Sleep |
| 8:45 am- 9:30 am | 45 min | Watch TV/ Eat |
| 9:30 am- 9:45 am | 15 min | Walk Dog |
| 9:45 am- 10:00 am | 15 min | Play with Dog ☺ |
| 10:00 am- 10:15 am | 15 min | Take Shower |
| 10:15 am- 10:45 am | 30 min | Get Ready |
| 10:45 am- 10:50 am | 5 min | Drive to Church |
| 10:50 am- 12:25 pm | 95 min | Sit in Church |
| 12:25 pm- 12:30 pm | 5 min | Drive Home |
| 12:30 pm- 12:40 pm | 10 min | Change Clothes |
| 12:40 pm- 12:54 pm | 14 min | Fix Lunch |
| 12:54 pm- 1:15 pm | 21 min | Eat |
| 1:15 pm- 1:34 pm | 19 min | Play with Dog ☺ |
| 1:34 pm- 2:14 pm | 40 min | Get Ready for Paw’s |
| 2:14 pm- 3:00 pm | 46 min | Ride to Paw’s/ Go to Store |
| 3:00 pm- 3:30 pm | 30 min | Watch TV |
| 3:30 pm- 5:00 pm | 90 min | Walk/ Play Outside |
| 5:00 pm- 5:45 pm | 45 min | Sister’s Birthday Fun |
| 5:45 pm- 6:00 pm | 15 min | Walk to Pond |
| 6:00 pm- 7:45 pm | 105 min | Play/ Eat at Pond |
| 7:45 pm- 8:00 pm | 15 min | Walk Back to House |
| 8:00 pm- 8:30 pm | 30 min | Clean Up |
| 8:30 pm- 8:47 pm | 17 min | Watch TV |
| 8:47 pm- 9:27 pm | 40 min | Ride Home |
| 9:27 pm- 10:37 pm | 70 min | Homework |
| 10:37 pm- 12:00 am | 83 min | Read |
| **Total** | **24 hours (1440 minutes)** |  |