

## EPHE155 Assignment 1

Record your intake of food and fluid for four 24 hour periods. Include at least 1 weekend day. It is nice to do consecutive days but not required. Include details on portion sizes and brands, as well as the time of day/night consumed and where/how you ate. This will be used for a future assignment so be sure to include as much detail as you can as it will be hard to remember what you consumed when it's more than 24 hours later.

This can be completed as a table like the example below and should be submitted as a PDF via Brightspace. Do not submit records created from screenshots of apps like My Fitness Pal or other online programs.

	Day One	Day Two	Day Three	Day Four
<b>Date</b> (include day of the week)	Thursday, Sept 14	Friday, sept 15	Sunday, sept 17	Monday, sept 18
<b>Breakfast 1</b>  Pre 1 <sup>st</sup> practice 5:00	1 banana (90) 1 shot of espresso  (90) cal	1 banana (90) 1 shot of espresso  (90) cal		1 banana (90) 1 shot of espresso  (90) cal
8:10  Yes I do eat the same breakfast almost every day at almost the same time, #rowing	7 large brown eggs(490) Cooked in 1 tbs of butter(102), 2 whole wheat pieces of toast(140)  (732) cal	7 large brown eggs(490) Cooked in 1 tbs of butter(102), 2 whole wheat pieces of toast(140)  (732) cal	2 Tim Hortons sausage farmers wraps (400)  (800) cal	7 large brown eggs(490) Cooked in 1 tbs of butter(102), 2 whole wheat pieces of toast(140)  (732) cal
<b>AM Snack</b>				

<b>Lunch</b> <b>12-1:30</b>	3 packs of endome (340) 2 soft boiled eggs (70) Handful of green onions (N/A) ½ cup of kimchi (25) (1185) Cal	Tuna white bean serving 2  (500-800) cal	Phonomenal jumbo chicken pho  (980) cal	3 packs of endome (340) 2 soft boiled eggs (70) Handful of green onions (N/A) ½ cup of kimchi (25) (1185) Cal
<b>PM Snack</b> <b>Pre 2<sup>nd</sup> practice</b> <b>2:00</b>	Smoothie 1-1/2 cup of great value mixed berries (210) 2tbs PB (200) ½ cup of krema yogurt (130)  (540) cal	Smoothie 1-1/2 cup of great value mixed berries (210) 2tbs PB (200) ½ cup of krema yogurt (130)  (540) cal	Peanut butter and banana sandwich  Banana(90) 4tbs PB (400) 2 pieces whole wheat bread (140)	10 pieces of salami (240)  (240) cal
	AG1 greens  (50) cal	AG1 greens  (50) cal	AG1 greens  (50) cal	AG1 greens  (50) cal
<b>Dinner</b> <b>5:30-7</b>	Tuna white bean pasta  3 cans of costco tuna (80) 4 cans of cannalini beans (300) Garlic (N/A) 4 tbs olive oil(120) 2 lemons (16) 2 cups whole wheat penne (440)  Ate around half  (1000) cal	Mucho Burrito  (800) cal	Jumblaya  1 cup brown rice (220) 1 cup chicken broth (20) 5 italian Sausages (300) 2 bell peppers (50) 1 onion (60) Other ingredients (N/A)  ate a little under half  (900) cal	2 <sup>nd</sup> serving of jumbalaya  (800-100) cal

<b>Evening Snack</b>	(N/A)	(N/A)	3 thrifty's chocolate chip cookies (70)  (210) cal	(N/A)

#### Assignment Format and Submission Instructions/Check List

- Must be submitted online using BrightSpace; no paper copies will be accepted. Please submit your file in PDF format. Please name your file (LASTNAME\_FIRSTNAME\_Assignment\_1.docx)
- The assignment is written very clearly, and well organized.
- Late submissions are penalized -10% per day starting at the due date time.