Calories Expended Per Day

For **EACH** 15-minute interval, record your form of activity.

midnight		noon	
12:15 AM		12:15 PM	
12:30 AM		12:30 PM	
12:45 AM		12:45 PM	
1:00 AM		1:00 PM	
1:15 AM		1:15 PM	
1:30 AM		1:30 PM	
1:45 AM		1:45 PM	
2:00 AM		2:00 PM	
2:15 AM		2:15 PM	
2:30 AM		2:30 PM	
2:45 AM		2:45 PM	
3:00 AM		3:00 PM	
3:15 AM		3:15 PM	
3:30 AM		3:30 PM	
3:45 AM		3:45 PM	
4:00 AM		4:00 PM	
4:15 AM		4:15 PM	
4:30 AM		4:30 PM	
4:45 AM		4:45 PM	
5:00 AM		5:00 PM	
5:15 AM		5:15 PM	
5:30 AM		5:30 PM	
5:45 AM		5:45 PM	
6:00 AM		6:00 PM	
6:15 AM		6:15 PM	
6:30 AM		6:30 PM	
6:45 AM		6:45 PM	
7:00 AM		7:00 PM	
7:15 AM		7:15 PM	
7:30 AM		7:30 PM	
7:45 AM		7:45 PM	
8:00 AM		8:00 PM	
8:15 AM		8:15 PM	
8:30 AM		8:30 PM	
8:45 AM		8:45 PM	
9:00 AM		9:00 PM	
9:15 AM		9:15 PM	
9:30 AM		9:30 PM	
9:45 AM		9:45 PM	
10:00 AM		10:00 PM	
10:15 AM		10:15 PM	
10:30 AM		10:30 PM	
10:45 AM		10:45 PM	
11:00 AM		11:00 PM	
11:15 AM		11:15 PM	
11:30 AM		11:30 PM	
11:45 AM		11:45 PM	

Calories Expended Per Day – Summary

For each activity on the previous page, add up the total time (in hours) you spent performing that activity. Then, look up how many METs that activity uses. Using the METs and total hours, follow the table to calculate how many Calories you expended. (Note: 15 minutes = 0.25 hours and 1 pound = 0.45 kg.)

activity	total hours performing activity		METs of that activity		Calories expended per kg of body weight		your body weight (kg)		Calories expended on that activity
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	
		X		=		X		=	

Total Calories expended in 24 hours:

Calories Taken In Per Day

Record what you eat and how much over the course of 24 hours. Refer to the Nutrition Facts labels on your food or various websites for the Caloric value of what you ate. Remember to include snacks and beverages!

morning			mid-day / afternoon			evening		
food	amount	Cal	food	amount	Cal	food	amount	Cal
total morning Calories:			total mid-day Calories:			total evening Calories:		

Total Calories taken in over 24 hours: