<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM</td>
<td>Breakfast</td>
<td>95/3</td>
</tr>
<tr>
<td>9:00 AM</td>
<td></td>
<td>47/18</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch</td>
<td>310/416</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Afternoon</td>
<td>17/18</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Dinner</td>
<td>235/82</td>
</tr>
<tr>
<td>10:00 PM</td>
<td></td>
<td>780/370</td>
</tr>
</tbody>
</table>

**Calories from Fat:**
- Breakfast: 35
- Lunch: 7
- Dinner: 5
- Total: 47

**Calories from Carbohydrates:**
- Breakfast: 55
- Lunch: 100
- Dinner: 147
- Total: 202

**Total Calories:**
- Breakfast: 95
- Lunch: 310
- Dinner: 235
- Total: 640

**Fruits and Vegetables:**
- Breakfast: 3
- Lunch: 1
- Dinner: 2
- Total: 6

**Drink:**
- Breakfast: Water (8 oz)
- Lunch: Diet Coke (8 oz)
- Dinner: Diet Coke (8 oz)
- Total: 24 oz

**Bread/Snack:**
- Breakfast: Bagels (1)
- Total: 1

**Summary:**
- Total Calories: 640
- Total Fruits and Vegetables: 6
- Total Drink: 24 oz
- Total Bread/Snack: 1
Junior/Senior Physical Education

Calories Burned

A 154-pound person who is 5'10" will use up (burn) about the number of calories listed doing each activity below. Those who weigh more will use more calories; those who weigh less will use fewer calories.

<table>
<thead>
<tr>
<th>Moderate</th>
<th>1 hour</th>
<th>30 min</th>
<th>Vigorous</th>
<th>1 hour</th>
<th>30 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>370</td>
<td>185</td>
<td>Running/Jogging (5mph)</td>
<td>590</td>
<td>295</td>
</tr>
<tr>
<td>Yard Work</td>
<td>330</td>
<td>165</td>
<td>Bicycling (over 10 mph)</td>
<td>590</td>
<td>295</td>
</tr>
<tr>
<td>Dancing</td>
<td>330</td>
<td>165</td>
<td>Swimming Laps</td>
<td>510</td>
<td>255</td>
</tr>
<tr>
<td>Golf (walking)</td>
<td>330</td>
<td>165</td>
<td>Aerobics</td>
<td>480</td>
<td>240</td>
</tr>
<tr>
<td>Bicycling (less than 10 mph)</td>
<td>290</td>
<td>145</td>
<td>Walking (4.5 mph)</td>
<td>460</td>
<td>230</td>
</tr>
<tr>
<td>Walking</td>
<td>280</td>
<td>140</td>
<td>Chopping Wood</td>
<td>440</td>
<td>220</td>
</tr>
<tr>
<td>Light Wt. Training</td>
<td>220</td>
<td>110</td>
<td>Med/Heavy Wt. Training</td>
<td>440</td>
<td>220</td>
</tr>
<tr>
<td>Stretching</td>
<td>180</td>
<td>90</td>
<td>Basketball pickup game</td>
<td>440</td>
<td>220</td>
</tr>
</tbody>
</table>

You should be physically active for at least 150 minutes each week.

Food Groups

Based on a 2400 calorie consumption, your goals are:

(G) Grains – 8 ounce equivalents. Examples: 1 ounce equivalent is about 1 slice of bread; 1 ounce ready to eat cereal; or ½ cup cooked rice, pasta, or cereal

Make at least half your grains whole grains

(V) Vegetables – 3 cups. Examples: 1 cup is 1 cup raw or cooked vegetables; 2 cups leafy salad greens; or 1 cup 100% vegetable juice.

Aim for variety every day; pick vegetables from several subgroups.

(F) Fruits – 2 cups. Examples: 1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, 100% fruit juice.

Select fresh, frozen, canned and dried fruit more often than juice

(D) Dairy – 3 cups. Examples: 1 cup is 1 cup milk, yogurt, 1 ½ ounces natural cheese, or 2 ounces of processed cheese.

Include fat-free and low-fat dairy foods everyday

(P) Protein – 6 ½ ounce equivalents. Examples: 1 ounce equivalents is 1 ounce lean meat; poultry; or seafood; 1 egg; 1 tablespoon peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds.

Aim for variety