Daily Nutrition Targets Tracking Sheet - EATING for Life: Workout: upper body weight training plus cardio warm-up

for Gene (for meal PLAN, see Success Journal - this sheet intended for detailed actuals)

Date:

Day:

Weight (AM): **185.4**

Based on body weight of: **185**

Actual Food Detail: / **Actual Totals:**

			Cal	Prot (g)	Carb (g)	Fat (g)	h2o (cups)		Cal	Prot (g)	Carb (g)	Fat (g)	h2o (cups)
Targets:													
Daily:			3040	222	370	74	12	Daily:	3078	253	361	74	12
Each Meal:			507	37	62	12	2	Avg/meal:	513	42.23	60.23	12.36	1.9

	Food Item:	Serving	Cal	Prot	Carb	Fat	h2o		Actual:	Cal	Prot	Carb	Fat	h2o	
							2.5								
Meal 1	coffeemate sugarfree	2tsp	15	0	2	2.5			**Meal 1**	643	45	65	28	2.5	**<-- Meal Actual**
8:00	peanuts	1/3c	213	9.3	8	18.7									
	wheat germ	2 tbsp	50	4	6	1				643	45	65	28	2.5	**<-- Cum. Actual**
	yogurt	6 oz.	80	5	16	0									**vs**
	cottage cheese L.F.	1.5c	135	20	9	2.3				507	37	62	12	2.0	**<-- Cum. Target**
	soy milk	1c	150	7	24	3				*136*	*8*	*3*	*15*	*1*	***<-- Next Meal Tgt***
Meal 2	protein (chocolate)	1s	145	32	2	1			Meal 2	385	32	58	1	3.0	<-- Meal Actual
11:00	carb complex	2s	240	0	56	0	3								
										1028	77	123	29	5.5	<-- Cum. Actual
															vs
										1013	74	123	25	4.0	<-- Cum. Target
										-15	*-3*	*0*	*-4*	*-2*	***<-- Next Meal Tgt***
Meal 3	chicken	7-1/8 oz.	230	47	0	3.3			**Meal 3**	594	57	73	7	0.0	**<-- Meal Actual**
1:30	brown rice (1c)	8-5/8 oz.	272	6.3	56.3	2.2									
	whole grain toast	1 slice	92	3.6	16.8	1.2				1622	134	196	35	5.5	**<-- Cum. Actual**
															vs
										1520	111	185	37	6.0	**<-- Cum. Target**
										-102	*-23*	*-11*	*2*	*1*	***<-- Next Meal Tgt***
Meal 4	protein (strawberry)	1s	145	32	2	1			Meal 4	385	32	58	1	2.0	<-- Meal Actual
4:00	carb	2s	240	0	56	0									
	vitamin powder	1s					2			2007	166	254	36	7.5	<-- Cum. Actual
															vs
										2027	148	247	49	8.0	<-- Cum. Target
										20	*-18*	*-7*	*13*	*1*	***<-- Next Meal Tgt***
Meal 5	round steak (tndrized)	5-3/4 oz.	350	47.5	0	16.3			**Meal 5**	653	54	64	21	4.0	**<-- Meal Actual**
6:30	white potato nuked	5-7/8 oz.	208	4.6	43	3.7									
	corn (stmers)	1/2 bag	45	1.5	7.5	0.75	2			2660	220	318	57	11.5	**<-- Cum. Actual**
	bbq sauce	2tbsp	50	0	13	0									vs
	iced green tea decaf						2			2533	185	308	62	10.0	**<-- Cum. Target**
										-127	*-35*	*-9*	*5*	*-2*	***<-- Next Meal Tgt***
Meal 6	whole grain toast	1 slice	92	3.6	16.8	1.2			Meal 6	418	34	44	17	0.0	<-- Meal Actual
8;30	peanut bttr natural	2 tbsp	190	7	7	16									
	rice cake	50	1	11	0					3078	253	361	74	11.5	<-- Cum. Actual
	skim milk	1.5c	135	12	20	0				3040	222	370	74	12.0	<-- Cum. Target
										-38	*-31*	*9*	*0*	*1*	***<-- New Meal Tgt***
										3078	253	361	74	11.5	**<-- Day's Actual Grand Totals**

Check When Supplements Taken:

x	**2 Kre <Workout**
x	**2 Kre > Workout**
x	**Vit Pills**
x	**2 EFA**
	~~**2 Detox**~~
x	**Vitamin Powder**
	~~**2 Detox**~~
x	**2 EFA**

OK:	**OVER:**	**UNDER:**
took 3 efa		

Notes:

MAKE ONLINE CHANGES TO THIS SIDE OF THE SHEET ONLY !!!!

DO NOT MAKE ONLINE CHANGES TO THIS SIDE OF THE SHEET (they're automatic)

OK TO CHECK OFF SUPPLEMENTS TAKEN, AND OK's, OVER's & UNDERS…