Nutrition and Physical Fitness Plan

# Instructions

1. Create a meal diary for yourself for one day. Create a healthy version of each meal and snack and an unhealthy version. Write a summary of the meal including the required elements listed. Include references in APA format for any sources used. Answer the questions located below the tables.

|  |  |  |
| --- | --- | --- |
|  | Healthy Meal Components | Meal summary including calories, fat,  and general health value |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner |  |  |
| Snack |  |  |
|  | |  |

|  |  |  |
| --- | --- | --- |
|  | Unhealthy Meal Components | Meal summary including calories, fat,  and general health value |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner |  |  |
| Snack |  |  |
|  |  |  |

1. Discuss which meal diary is more reasonable for you when considering work and family schedules? (100- to 200-words).
2. Is it possible to eat healthy meals when dining outside of the home? Why or why not? Provide examples. (100- to 200-words).
3. Create a physical fitness plan for yourself. List 3 physical activities, work out details and health benefits of the activity.

|  |  |  |
| --- | --- | --- |
| Activity | How many times per week? Length of workout? | Health benefits including calories burned. |
| Walking | 4x to 5x times a week  45-60 minutes | Helping me maintain a comfortable weight and keeps me more energetic.  On an average, I burn about 300 to 425 calories. |
| Stationary Bike  Treadmill | 4x to 5x times a week  35-45 minutes | It helps me to keep my hearth stronger and healthy and keep my blood pressure low.  My daily average calorie loss is about 225 to 350. |
| Ab workout | 4x to 5x times a week  30 minutes | Helps me to strengthen my core and improve my posture.  On an average, I burn about 125 to 200 calories. |

1. Should the calories burned in a workout be the primary concern when choosing work out routine? Why or why not? (100-200 words)

# List References in APA format below: