

10 Ton Challenge

CALORIE-SAVINGS LOG

Week # _____ Dates: _____

Instructions: In the spaces below, jot down how you “saved” calories with your food choices this week. Look for ways to replace high-calorie foods with lower-calorie items, or simply attempt to eat a smaller amount of your usual foods. Here’s an example:

Tuesday: For breakfast, I switched to lite cream cheese on my bagel. Instead of a donut mid-morning, I had a piece of fruit. I skipped the chips with my sandwich at lunch, and ordered water instead of soda. For dinner, I had 1 serving of meat, instead of my usual 2 servings.

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Monday:

Source: Delaware Center for Health Promotion, a joint initiative between U.D. and the Office of the Lt. Governor.