

SHIBE'S JOURNAL RECAP

WEEK 3 - PROTEIN & FAT



MONDAY

FOOD CHOICES

- 1x Spaghetti - Cooked Plain
- 1x Tortilla - Flour
- 1x Tuna
- 1x Oranges
- 6x Water
- 1x Tea - Herbal

NUTRIENTS

Total Carbohydrates - 77.81 g
 Dietary Fiber - 6.6 g
Sugars - 14.03 g
 Starch - 56.71 g

Protein - 54.38 g
Total Fat - 4.95 g
Cholesterol - 50 mg

Minerals
Sodium - 1195 mg
 Potassium - 712 mg
 Calcium - 14 %
 Iron - 32 %
 Thiamin - 0.1 mg
 Niacin - 0.6 mg
 Folate - 24 mcg
 Panthothenic Acid - 0.4 mg
 Choline - 11.8 mg
 Magnesium - 14.1 mg
 Phosphoros - 16.9 mg
 Zinc - 0.1 mg
 Copper - 0.1 mg
 Selenium - 0.7 mcg

Vitamins
 Vitamin A - 8 %
 Vitamin B6 - 0.1 mg
 Vitamin C - 116 %
 Vitamin E - 0.3 mg

Calories - 585
Water - 48 oz

EXERCISE ACTIVITY

Did you complete the Exercise Plan or an Optional Workout Today?

Yes I Did It! Samson.

How many minutes were you physically active today in addition to doing the Exercise Plan?

40 min.

How did you feel Today?

Energetic

Today's Total Exercise

20 min. 53 sec.

Classroom

Total Exercise

0 sec.

Exercise Activiy

Jog in Place

Samson

Uprights

3 min. 50 sec.

Sit-Ups

3 min. 45 sec.

Push-Ups

4 min. 18 sec.

Jumping Jacks

2 min. 10 sec.

Chicken Squats

3 min. 45 sec.

Total Exercise

3 min. 5 sec.

20 min. 53 sec.

Challenge Beach

Total Exercise

0 sec.

Drag & Drop

Total Exercise

0 sec.

TUESDAY

FOOD CHOICES

NUTRIENTS

EXERCISE ACTIVITY

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1x Cereal - Cocoa Puffs
 1x Eggs - Hard Boiled
 2x Oranges
 6x Water
 1x Tea - Herbal

Total Carbohydrates - 55.25 g
 Dietary Fiber - 8.2 g
Sugars - 35.5 g
 Starch - 11.08 g
Protein - 9.46 g
Total Fat - 6.82 g
Cholesterol - 212 mg
Minerals
Sodium - 214 mg
 Potassium - 628 mg
 Calcium - 22 %
 Iron - 31 %
 Thiamin - 0.2 mg
 Niacin - 1.2 mg
 Folate - 48 mcg
 Panthothenic Acid - 0.8 mg
 Choline - 23.6 mg
 Magnesium - 28.2 mg
 Phosphoros - 33.8 mg
 Zinc - 0.2 mg
 Copper - 0.2 mg
 Selenium - 1.4 mcg
Vitamins
 Vitamin A - 28 %
 Vitamin B6 - 0.2 mg
 Vitamin C - 242 %
 Vitamin E - 0.6 mg
Calories - 303
Water - 48 oz

Did you complete the Exercise Plan or an Optional Workout Today?
 Not yet...

How many minutes were you physically active today in addition to doing the Exercise Plan?
 50 min.

How did you feel Today?
 Energetic

Today's Total Exercise 0 sec.
Classroom
Total Exercise 0 sec.
Exercise Activiy
Total Exercise 0 sec.
Challenge Beach
Total Exercise 0 sec.
Drag & Drop
Total Exercise 0 sec.

THURSDAY

FOOD CHOICES

1x Tea - Herbal
 6x Water
 1x Oranges
 1x Chicken
 1x Bread - Whole Grain

NUTRIENTS

Total Carbohydrates - 34.86 g
 Dietary Fiber - 8.1 g
Sugars - 16.25 g
 Starch - 10.04 g
Protein - 34.23 g
Total Fat - 5.16 g
Cholesterol - 73 mg
Minerals
Sodium - 242 mg
 Potassium - 556 mg
 Calcium - 8 %
 Iron - 13 %
 Thiamin - 0.1 mg
 Niacin - 0.6 mg
 Folate - 24 mcg
 Panthothenic Acid - 0.4 mg
 Choline - 11.8 mg
 Magnesium - 14.1 mg
 Phosphoros - 16.9 mg
 Zinc - 0.1 mg
 Copper - 0.1 mg
 Selenium - 0.7 mcg
Vitamins
 Vitamin A - 6 %
 Vitamin B6 - 0.1 mg
 Vitamin C - 126 %
 Vitamin E - 0.3 mg
Calories - 307
Water - 48 oz

EXERCISE ACTIVITY

Did you complete the Exercise Plan or an Optional Workout Today?
 Yes I Did It!

How many minutes were you physically active today in addition to doing the Exercise Plan?
 40 min.

How did you feel Today?
 Energetic

Today's Total Exercise 0 sec.
Classroom
Total Exercise 0 sec.
Exercise Activiy
Total Exercise 0 sec.
Challenge Beach
Total Exercise 0 sec.
Drag & Drop
Total Exercise 0 sec.

FRIDAY

FOOD CHOICES

NUTRIENTS

EXERCISE ACTIVITY

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- 1x Goldfish - Cheddar
- 1x Thin Crust Cheese Pizza
- 1x Mango
- 6x Water
- 1x Tea - Herbal

Total Carbohydrates - 77.45 g
 Dietary Fiber - 6.1 g
Sugars - 34.27 g
 Starch - 36.61 g

Protein - 14.31 g
Total Fat - 15.26 g
Cholesterol - 23 mg

Minerals
Sodium - 295 mg
 Potassium - 464 mg
 Calcium - 23 %
 Iron - 12 %
 Thiamin - 0.1 mg
 Niacin - 1.2 mg
 Folate - 29 mcg
 Panthothenic Acid - 0.3 mg
 Choline - 15.7 mg
 Magnesium - 18.3 mg
 Phosphorus - 22.8 mg
 Zinc - 0.1 mg
 Copper - 0.2 mg
 Manganese - 0.1 mg
 Selenium - 1.2 mcg

Vitamins
 Vitamin A - 32 %
 Vitamin B6 - 0.3 mg
 Vitamin C - 96 %
 Vitamin E - 2.3 mg
 Vitamin K - 8.7 mcg

Calories - 485
Water - 48 oz

Did you complete the Exercise Plan or an Optional Workout Today?
 Yes I Did It!

How many minutes were you physically active today in addition to doing the Exercise Plan?
 50 min.

How did you feel Today?
 Energetic

Today's Total Exercise **0 sec.**

Classroom
Total Exercise **0 sec.**

Exercise Activiy
Total Exercise **0 sec.**

Challenge Beach
Total Exercise **0 sec.**

Drag & Drop
Total Exercise **0 sec.**

REVIEW & ANALYZE

REVIEW

Congratulations you scored **500** out of **500** points.:

1. What does fat do for you?
 Acts like a cushion and keeps body heat in ✓
2. What does protein do for you?
 Builds muscle ✓
3. What is the name of the large front leg muscle?
 Quadriceps ✓
4. Eating protein after exercise helps to?
 Rebuild & repair muscle tissue ✓
5. What is the shorter name for carbohydrates?
 Carbs ✓

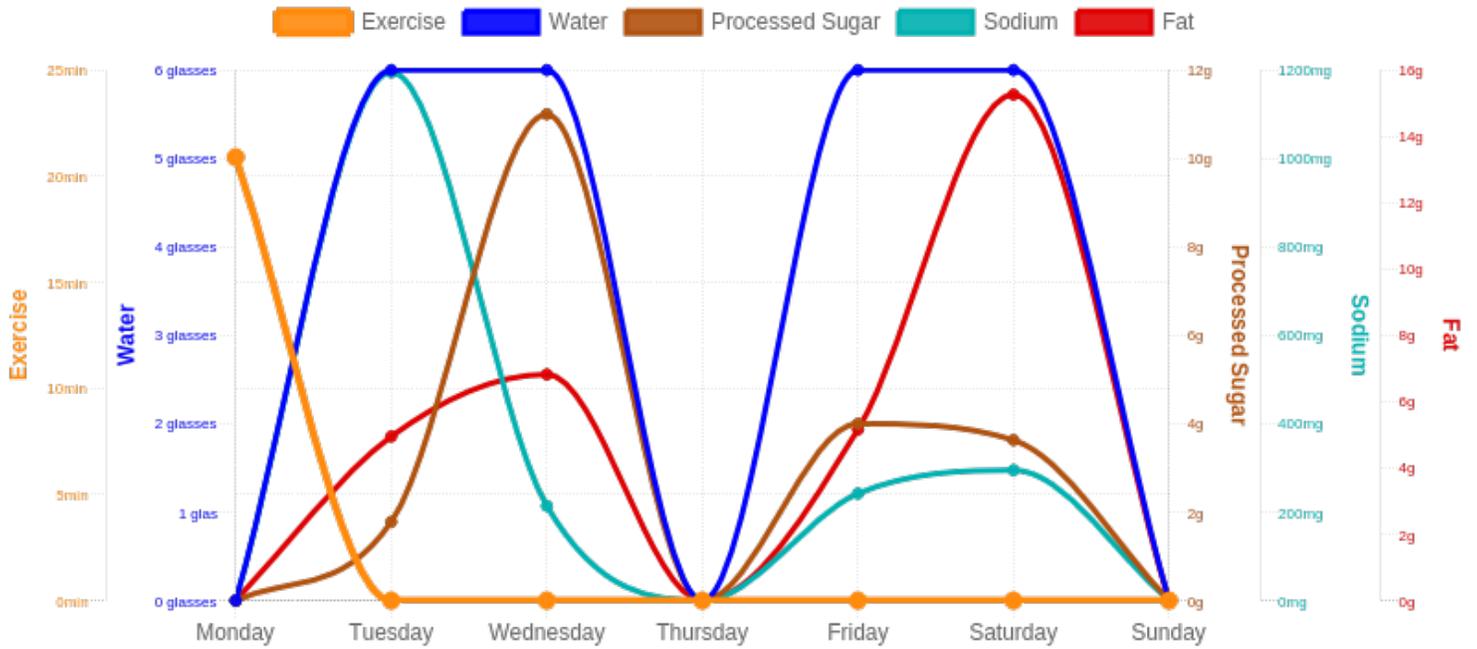
ANALYZE

1. What did you learn about protein and fat this week?
That eating protien after exercising helps to repair and rebuild muscle tissue. Eating fatacts like a cushion and keeps body heat in.
2. How did you apply what you learned about protein and fat to help you reach your goal?
By eating those nutrients and gaining energy to help me exercise.
3. What did you learn about eating protein and fat foods in relation to your ability to exercise?
Helps me rebuild and repair muscle tissue so I can be strong and healthy, while fat helps me with body heat.
4. Make reminder notes to help you to reach your goal.
Eat all nutrients, and be a comfortable eater.

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Week 3 in charts



WHEN YOU TRY, YOU CAN ONLY GET BETTER!

