



PHED 1164

Introduction to Physical Fitness and Wellness

Rubric: Plate Log

Core Objective: CT, EQS, PR, SR | SLO: 3 & 5

GOAL: The purpose of this activity is to determine the caloric value of your typical food intake for **2 days**, and the amount and type of exercise you would have to do in order to burn those calories. You will also be given information on how to properly judge portions both for this assignment and your personal knowledge moving forward

INSTRUCTIONS: This activity is exactly what it sounds like! Your instructions are simply to log the things that you eat daily, by taking a time stamped picture of the food. The important thing to realize is that there are no restrictions. You are not expected to take a certain number of pictures a day, you are not expected to eat at certain times of the day, and most importantly, **YOU ARE NOT BEING GRADED BASED ON HOW HEALTHY YOUR MEAL IS.** The purpose of this assignment is to get a glimpse of exactly what and when you eat, which is very useful in determining the success of a healthy diet.

You will not be policed or judged based on your diet, please don't try to eat healthy just for the purpose of this assignment. In fact, I would rather you show me what your current diet consists of so that I can get an accurate picture. If you eat a bag of hot Cheetos, take a pic! If you drink a shake, that's a meal, take a pic! Ate an apple? Snap a pic! Cereal, coffee, 100 calorie snack packs, boiled eggs, etc. no meal is too small or insignificant. Whenever you eat, whatever you eat, take a pic. I will be the only one viewing these submissions. Remember to have the pic time stamped with the day. Tuesday-Saturday upload your meals into a word doc and submit.

In [chapter 6, section 6.5](#), under 'Nutrient Analysis' ([Activity 6.1](#)) there is a form that allows you to list one by one the meals that you ate. Fill out each column using the resources provided to determine how many calories you consumed. The 2 sections underneath 'Totals' are not required for this assignment. You have the option of [A.\)](#) recreating the rows and columns using a Microsoft Word table (or any table generator you have access to) or [B.\)](#) Recreating the table by hand using pen or pencil. If you choose option B, just make sure what you write in resembles the table and does not leave out any row or column. [Appendix E: Table of Food Composition](#) in your book gives you a caloric value for almost any food you can eat. The chart below shows several exercises and their caloric expenditure.

SUBMISSION:

What you will submit is a word document with a time-stamped picture of your meal. Underneath the picture as a caption, you will indicate the amount of calories you consumed and what exercises you would need to partake in and for how long in order to “burn off” those calories. You are not being graded on the table, Activity 6.1, nor are you submitting it. The table is only to help you easily keep your meals in order. To submit, simply paste the pic in Word and type the caption underneath, picture by picture. Or you may use the template for the Mix N Match Activity; Typed day, meal number, and time in the left box, time-stamped photo/caption in the right box. The Exercise and Calorie Guide is on the page below. Type your preferred exercise, martial arts values can be used to represent HIIT exercises, Racquetball values can be used to represent interval training, and Light Aerobics can be used to represent cable machine resistance training.

For Weight training, Cable machine resistance training, HIIT, and Interval training, you must divide your exercises into 15 minute increments in order to be realistic. So one hour of either of those types of exercises is 4 different exercises. You must also name the actual exercise if you are using any of the Weight training, Aerobics, HIIT, or Interval Training options. For example you wouldn't caption “1 hour of weight training”, you'd say “15 minutes of [barbell squat](#), 15 minutes of [hack squat](#), 15 minutes of [bench press](#), and 15 minutes of [dumbbell military press](#)”. This is a total of 4 exercises, 15 minutes each, adding up to an hour. The same goes for HIIT, Interval, and Cable machine resistance exercises. Name the moves in your intervals, name the moves on the cable machine, name the moves in Light and Vigorous aerobics (jumping jacks, mountain climbers, etc.)

GRADING:

10 points- Caloric Values within caption

10points- Exercise Caloric Expenditure within caption

5 points- College-level grammatical

EXERCISE & CALORIE

GUIDE

ACTIVITY	CALORIES BURNED IN 30 MINUTES							
	100 LBS.	120 LBS.	140 LBS.	160 LBS.	180 LBS.	200 LBS.	220 LBS.	240 LBS.
AEROBICS (LIGHT)	115	147	173	195	220	246	271	294
AEROBICS (VIGOROUS)	169	203	237	256	290	327	365	400
AEROBICS (WATER)	101	122	142	162	182	203	223	243
BICYCLING (MODERATE - 13MPH)	180	216	252	288	324	360	396	432
GOLF (CARRYING/PULLING CLUBS)	124	149	173	198	223	248	272	297
KARATE/KICK BOXING JUDO/TAE KWAN DO	245	293	342	390	440	490	539	582
RACQUETBALL (COMPETITIVE)	239	279	326	382	419	465	512	570
ROWING (MACHINE/MODERATE)	161	190	223	255	289	326	364	400
RUNNING (12 MIN. MILE)	180	216	252	288	324	360	396	432
RUNNING (10 MIN. MILE)	225	270	315	360	405	450	495	540
RUNNING (8 MIN. MILE)	285	342	395	450	503	559	614	668
STATIONARY CYCLING (MODERATE)	158	189	221	252	284	315	347	378
STATIONARY CYCLING (VIGOROUS)	236	284	331	378	425	473	520	567
SWIMMING (SLOW FREESTYLE)	180	213	247	283	318	354	387	417
SWIMMING (FAST FREESTYLE)	218	263	305	349	393	446	480	528
TENNIS (SINGLES)	180	216	252	288	324	360	396	432
TENNIS (DOUBLES)	135	162	189	216	243	270	297	324
WALKING (SLOW - 2MPH)	61	74	89	101	114	127	140	153
WALKING (MOD. - 3MPH)	91	108	129	143	160	180	196	213
WALKING (FAST - 4MPH)	118	140	161	186	210	235	257	278
WEIGHT TRAINING (CIRCUIT)	180	216	252	288	324	360	396	432
WEIGHT TRAINING (FREE WEIGHTS)	125	150	175	201	225	250	276	300
YOGA	86	105	121	139	156	174	192	209