Nutrition Intake & Energy Expenditure Analysis Assignment (40 pts)

Part I: Creating Your Account

1. If you do not already have an account, go to www.myfitnesspal.com. Click on the link to “Sign Up”. Enter the requested information and submit. Be sure to remember your Username and Password! (There are also apps available for this program on iPhone, Android and Blackberry.

2. Click on the “Goals” tab and complete your goals. Then, click on “Check-In” and complete information.

Part II: Tracking Your Nutritional Intake & Physical Activity

1. For this assignment, you will need to keep track of your nutritional intake and physical activity for a “normal” 3-day period.

2. At the end of each day you are tracking, go to your “myfitnesspal” account. Select the “Food” tab and enter your food intake for the day. Then, click on the “Exercise” tab and enter your physical activity for the day. (You may enter food intake and physical activity throughout the day to track caloric balance throughout the day.)

Once you have entered all foods and physical activity for a day, click on “Complete this Entry” at the bottom of the “Food” page. Print out a copy of your completed “Food” page and completed “Exercise” page for each day. You will have 3 food and 3 exercise pages to submit as part of this project.

4. Click on the “Report” tab. Select “Fitness”. Then, select “Calories Burned” and “Last 7 days”. Click on “View Report”. Print a copy of this report.

Next click on “Nutrition” (on the Reports page). Then, click on “Net Calories” and “Last 7 days”. Click on “View Report”. Print a copy of this report.
5. Using the food and exercise daily printouts, determine your average caloric intake and output over the 3-day period. Record results in the chart below.
(Note: You will need to compute the averages from the 3 printouts.)

<table>
<thead>
<tr>
<th>Item</th>
<th>Day 1 Daily Goal</th>
<th>Day 2 Daily Goal</th>
<th>Day 3 Daily Goal</th>
<th>Average per Day</th>
<th>Daily Goal Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Caloric Intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Carbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise (Calories Burned)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Reflection (Should by typed on a separate sheet of paper.):**

1. Are you getting the recommended balance of calories from carbohydrates, protein and fats in your daily diet? Explain.

2. What recommendations do you have for your daily diet? Be thorough in your discussion!!

**Comparing Energy Expenditure with Caloric Intake**

- What was your average daily caloric intake for the three day period?
- What was your average daily caloric expenditure through exercise for the three day period?
- Compare your average total caloric intake and average caloric expenditure per day. How do these numbers compare? Would the balance in your calories lead to weight maintenance, weight gain or weight loss? (Keep calories consumed versus calories expended in mind. On myfitnesspal did you regular go over, under or balance the calories each day?)

Be thorough in your discussions in the Reflection!! The reflection should be at least one page in length. Discuss your dietary habits and explore your caloric intake. Examine caloric the caloric balance and the ultimate impact of your nutritional choices.

*Submit assignment with the evaluation rubric attached.*