Phase 1

Weekly Progress Chart

Beginning of Week Weight: _____

It takes **just one minute** to check off your progress throughout the day. After your first three days and at the end of the week, add up your totals. Transfer your week-ending totals to the *Progress Summary* at the end of your *Support Guide* to see your progress.

	Shakes/Cereal	Entrees	BeneFit® Bars	Fruits & Vegetables	Met 3+2+5	"In the Box"	Physical Activity (PA) Calories
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals
3-Day Subtotal	**____Shakes/Cereal**	**____Entrees**	**____Bars**	**____Fruit/Veg**	**____Days**	**____Days**	**_____PA Cals**
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals
Day/Date _____	☐ ☐ ☐ ☐ ☐ ____Shakes/Cereal	☐ ☐ ☐ ____Entrees	☐ ☐ ____Bars	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ____Fruit/Veg	☐	☐	_____PA Cals

See chart on back to calculate physical activity calories

TOTALS FOR THE WEEK

Goal:	**At least 21**	**At least 14**		**At least 35**	**7 Days**	**7 Days**	**At least 2,000**
Actual:	____Shakes/Cereal	____Entrees	____Bars	____Fruit/Veg	____Days	____Days	_____PA Cals

End of Week Weight: _____

For phone program only: Assignment ☐ *Midweek Call* ☐

Code: SOLWPC Rev.4

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Estimate Your Physical Activity (PA):

Your weight in lbs.	Low intensity (like gardening, housework)	Medium intensity (like walking, biking, tennis)	High intensity (like running, climbing stairs)
100–125	1 cal/min	3 cal/min	7 cal/min
126–150	1 cal/min	5 cal/min	9 cal/min
151–200	2 cal/min	7 cal/min	11 cal/min
201–250	2 cal/min	8 cal/min	14 cal/min
251–300	3 cal/min	9 cal/min	16 cal/min
301–400	4 cal/min	10 cal/min	19 cal/min
Over 400	5 cal/min	11 cal/min	22 cal/min

The above calorie values are approximate and can vary depending on the intensity of the activity. Before beginning a physical activity program, you should consult your physician.
At higher weights, high intensity activities are not recommended.

Example of how to calculate your physical activity:

A 210 lb. person did 2 bouts of medium intensity exercise

10 min. walk x 8 cal/min = 80 cals.

20 min. walk x 8 cal/min = 160 cals.

Total PA Cals = 240 cals.

Any physical activity you do will help you to reach the 2,000 calorie goal and beyond!

Plan a strong start to the week:

✓ Breakfast:

✓ Snack:

✓ Lunch:

✓ Snack:

✓ Dinner:

✓ Snack:

Physical Activity:

Goals for strong start day:

____Shakes/Cereal ____Entrees ____Fruit/Veg _____PA

Goals for week:

____Shakes/Cereal ____Entrees ____Fruit/Veg _____PA

Strategies to try:

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