

Team member worksheet

Five reasons why I want to lose weight and increase exercise.

My plan for 30 minutes of daily exercise.(time of day, type of activity, day of week)

My plan for dietary modification to reduce 300 calories a day for each pound I want to lose a week.

By increasing exercise by at least 30 minutes a day, you will burn approximately 300 more calories a day. By reducing caloric intake by 300 calories a day in addition to the exercise, you will have the 3500 caloric deficit needed to lose a pound. (minus 600 calories a day x 7 days = 4200 calories less a week)

Please write here the reporting instructions for your weekly exercise and weight loss numbers.

Team Captain Name: _____ Phone: _____

Team Name & number: _____ email: _____