

## Unit 6 Projects – Calorie Cruncher!

You are to complete the following tasks:

1. Fast Food Calorie Count: Using the menus on the handout “Fast Food Nation”, you need to help 3 of the 5 people write inequalities to determine if their lunch is within their caloric limit, but they can only eat a steady diet of fast food
2. Fitness Guru: Using the data on the handout “The Burn Chart”, you need to help 2 of the 5 people write inequalities to determine if they will burn enough calories to reach their fitness goals
3. Weight Watchers: Using the Data on the handout “The Burn Chart” and “The Food Chart”, help 1 of the 5 people write inequalities to determine if they will burn enough calories to reach their fitness goals.
4. Personal Trainer: Using the data on the handout “the Burn Chart”, “The Food Chart” and “Fast Food Nation”, you will tailor diet plans and fitness routines for 1 of the 5 celebrities.


The answers are to vary based on what you think is suitable for the person, so your answers should be unique – meaning you are not to share answers with your peers.

The marking for the project is as follows:

1. Fast Food Calorie Count is worth 3 marks per person – one for the equation, one for solving it (Show your work!) and one for the answer (9 marks total)
2. Fitness Guru is worth 4 marks per person - one for the equation; two for solving it (Show your work!)and one for the answer (8 marks total)
3. Weight Watchers is worth 4 marks per person - one for the equation; two for solving it (Show your work!)and one for the answer (4 marks total)
4. Personal Trainer is worth 8 marks per person - one for the equation; two for solving it (Show your work!)and one for the answer, and 4 marks for the personal training plan (Make sure it matches your answers! (8 marks total)

Here’s an example of the work you have to do (That means you can’t use these people in your work!)

You will have **two days** to complete your project.


 <b>Jessica</b> H: 5'3" W: 125 Age: 23 Very Active Lunch Calorie Limit: <b>713</b>	<b>KFC</b> Snacker Ultimate Cheese QTY. 1 Potato Skins QTY. 1 Raspberry Iced Tea QTY. x	<b>Inequality</b> $290 + 240 + x < 713$ Jessica would like to get a Raspberry Iced Tea if she would stay under her limit? Would she? $520 + x < 713 \quad x < 193$ No the iced tea puts her 7 calories over.
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The Project is due

on: \_\_\_\_\_

The deadline for the project is

on: \_\_\_\_\_

 <b>Pete</b> H: 6'8" W: 235 Age: 31 Furniture Mover Calories Consumed: <b>2862</b>	2800 cals Carrying heavy Loads 5 hrs Getting 2 hrs Mowing the Lawn 2 hrs	<b>Inequality</b> $5(745) + 2(140) + 2(512) > 2800$ Pete plans to mow after work. He has another two hours in the evening, can he watch TV or does he need something else to meet his goal? $5(745) + 2(140) + 2(512) > 2800$ $3725 + 280 + 1024 > 2800$ . He has more than exceeded his daily goal. He can watch TV.
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# FAST FOOD NATION

Here are a few of the most popular menu items in some of the world's most frequented fast food chains. Calorie counts and other nutrition facts can be found at the company's website.

KFC	
Item	Calorie Count
Famous Bowl - Mashed Potato with Gravy	720
Popcorn Chicken - Large	560
Hot Wings (6)	450
Original Recipe Chicken - Breast & Thigh	720
Snacker, Ultimate Cheese	280
Potato Wedges	240
Cole Slaw	190
Apple Pie Slice	290

MCDONALD'S	
Item	Calorie Count
Chicken McNugget (5)	210
Chicken Selects Strips	630
Big Mac	560
Double Cheeseburger	460
Double Quarter Pounder with Cheese	730
Crispy Chicken Club	680
French Fry - Large	570
Chocolate Triple Thick Shake (32 fl oz)	1160

TACO BELL	
Item	Calorie Count
Fiesta Taco Salad	860
Nachos Bell Grande	790
Grilled Stuft Burrito - Beef	720
Chicken Quesadilla	540
7-Layer Burrito	530
Double Decker Taco Supreme	380
Cheesy Fiesta Potatoes	290
Nachos	320

PIZZA HUT	
Item	Calorie Count
Meat Lover's Personal Pan Pizza	830
Pepperoni Lover's Personal Pan Pizza	720
Supreme Personal Pan Pizza	720
P'Zone - Classic	940
P'Zone - Meaty	1100
Pasta Bakes Marinara	840
Cheese Garlic Bread (2)	480
Cinnamon Sticks (4)	400

SUBWAY	
Item	Calorie Count
6" Italian B.L.T.	410
6" Pizza Sub	490
6" Chicken Parmesan	510
6" Oven Roasted Chicken with Spinach	320
6" Veggie Delite	230
Chicken Tortilla Soup	110
Creamy Potato and Bacon Soup	250
Chocolate Chip Cookie	220

DRINK MENU					
Medium Drink (20 oz)	Pepsi	Mountain Dew	Tropicana Fruit Punch	Raspberry Iced Tea	Water & All Diet Soda
Calories	250	280	280	200	0

# FAST FOOD CALORIE COUNT



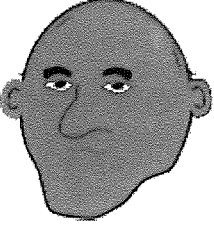

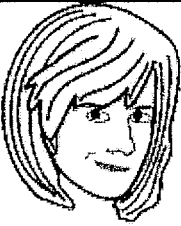

Stamped on the back of any label in your kitchen is a list of Nutrition Facts. On this label it shares the details of what is actually in the food being eaten. At the top of the list... *calories*. Calories are in practically everything we eat. Most simply, calories are energy that fuels our bodies. Simply put, if you eat more calories than you use - you have extra (gain weight). If you eat less calories than you use - you burn calories stored in fat cells (lose weight). Of course, not eating enough calories is another issue altogether which will lead to other health problems. The point? Eat smart.

Typically fast food is the brunt of the public scrutiny. Many eat it for convenience, but it lacks the nutritional value of a good home cooked meal. **Using the menus on the handout "Fast Food Nation"** help five people write inequalities to determine if their lunch is within their daily calorie limit to maintain their weight and graph the solution.

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

 <p><b>Tony</b></p> <p>H: 5'9"      W: 210</p> <p>Age: 29      Moderate Activity</p> <p>Lunch Calorie Limit: <b>821</b></p>	<p><b>TACO BELL</b></p> <p>Nachos                      QTY. 1</p> <p>Double Decker Tacos      QTY. x</p> <p>Diet Coke                    QTY. 1</p>	<p><b>Inequality</b></p> <p style="text-align: right;"><math>&lt; 821</math></p> <p>How many Double Decker Tacos can Tony eat to stay under his limit?</p> <div style="text-align: center;">  </div>
 <p><b>Jessica</b></p> <p>H: 5'3"      W: 125</p> <p>Age: 23      Very Active</p> <p>Lunch Calorie Limit: <b>713</b></p>	<p><b>MFC</b></p> <p>Snacker Ultimate Cheese      QTY. 1</p> <p>Potato Wedges                    QTY. 1</p> <p>Raspberry Iced Tea              QTY. x</p>	<p><b>Inequality</b></p> <p style="text-align: right;"><math>&lt; 713</math></p> <p>Jessica would like to get a Raspberry Iced Tea if she would stay under her limit? Would she?</p> <div style="text-align: center;">  </div>



**Isabella**

H: 5'9" W: 145

Age: 31 **Little Activity**

Lunch Calorie Limit:  
**628**

**MCDONALD'S**

- Big Mac QTY. 1
- Large Fry QTY. 1
- Chocolate Triple Thick Shake QTY. 1

**Inequality**

$< 628$

Isabella forgot about her Calorie Limit. Did she stay under her limit? How much did she go over?



**Tommy**

H: 6'4" W: 215

Age: 35 **Extremely Active**

Lunch Calorie Limit:  
**1313**

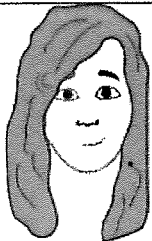
**PIZZA HUT**

- Supreme Personal Pan Pizza QTY. 1
- Cheese Garlic Bread QTY. x
- Mountain Dew QTY. 1

**Inequality**

$< 1313$

On lunch break with the guys, Tommy is debating how many orders of Cheese Garlic Bread he can have without going over?



**Eden**

H: 5'6" W: 135

Age: 17 **Moderate Activity**

Lunch Calorie Limit:  
**689**

**SUBWAY**

- 6 in. Veggie Delite Sub QTY. 2
- Water QTY. 1
- SOUP?** QTY. 1

**Inequality**

$< 689$

Eden is trying to choose between the Chicken Tortilla or the Creamy Potato and Bacon Soup. She likes the Creamy Potato better, but would she go over? Which should she pick?



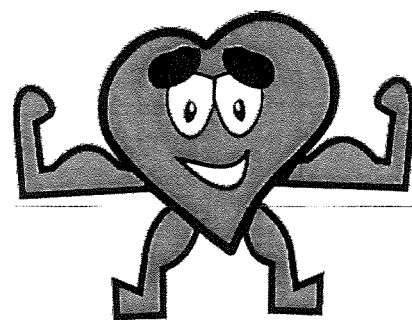
**EXTENSION:** The recommended calorie intake varies from person to person, but is typically between 1800 to 2400 calories a day. If this was spread across 3 equal meals, it's roughly between 600 to 800 calories per meal. Based on this activity and the **Fast Food Chart**, how well does fast food fits into this diet? Explain.

# The Burn Chart

Exercise & Calories Burned per Hour	Individual's Weight				Exercise & Calories Burned per Hour	Individual's Weight			
	130 lbs	155 lbs	180 lbs	205 lbs		130 lbs	155 lbs	180 lbs	205 lbs
Aerobics, general	384	457	531	605	Kick boxing	590	704	817	931
Backpacking	413	493	572	651	Kickball	413	493	572	651
Bagging grass, leaves	236	281	327	372	Mowing lawn	325	387	449	512
Bakery, light effort	148	176	204	233	Music, playing drums	236	281	327	372
Basketball game, competitive	472	563	654	745	Music, playing guitar	177	211	245	279
Basketball, shooting baskets	266	317	368	419	Music, playing piano	148	176	204	233
Boxing, sparring	531	633	735	838	Pushing stroller, walking with children	148	176	204	233
Canoeing, rowing, moderate	413	493	572	651	Rock climbing	472	563	654	745
Carrying heavy loads	472	563	654	745	Roller blading	708	844	981	1117
Carrying infant	207	246	286	326	Running, light	472	563	654	745
Cycling, leisure	236	281	327	372	Running, moderate	738	880	1022	1163
Cycling, mountain bike	502	598	695	791	Running, vigorous	944	1126	1308	1489
Downhill snow skiing	354	422	490	558	Shoveling snow	354	422	490	558
Farming, baling hay, cleaning barn	472	563	654	745	Sitting, office work	89	106	123	140
Fishing, general	177	211	245	279	Skateboarding	295	352	409	465
Football or baseball, playing catch	148	176	204	233	Soccer, playing	413	493	572	651
Football, competitive	531	633	735	838	Standing, ex. clerk	136	162	188	214
Football, touch, flag	472	563	654	745	Swimming competitive	590	704	817	931
Frisbee, ultimate	472	563	654	745	Swimming leisurely	354	422	490	558
Golf, general	266	317	368	419	Tennis playing	413	493	572	651
Gymnastics	236	281	327	372	Typing	89	106	123	140
Hockey, ice hockey	472	563	654	745	Volleyball playing	177	211	245	279
Horseback riding	236	281	327	372	Walking 2 mph, slow	148	176	204	233
Housework, light	148	176	204	233	Walking 4 mph, brisk	224	267	311	354
Housework, moderate	207	246	286	326	Weeding	266	317	368	419
Ice skating, average speed	413	493	572	651	Weight lifting, vigorous	354	422	490	558
Judo, karate, jujitsu, martial arts	590	704	817	931	Weight lifting, light	177	211	245	279

Data from: <http://www.nutristrategy.com/activitylist4.htm>

# Fitness Guru



Although magic diet pills seem appealing for some, nothing can replace good ol' physical activity. A good fitness plan helps burn excess calories, improves long-term health and increases self-confidence. Activity might look different from person to person, but the point is to find something you enjoy doing and DO IT. You burn calories by doing practically anything, but the big question is do you burn enough to reach your personal fitness goals? Do you want to gain 5 pounds? Lose 5 pounds? Stay the same?


Using the data on the handout "The Burn Chart" help the five people write and graph inequalities to determine if they will burn enough calories to reach their goal.

If a person is in between two weights on the Burn Chart, use the data for the lower weight.

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_



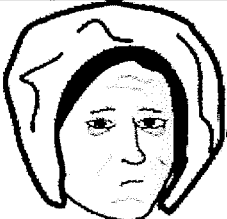
**Bao**  
 H: 5'9" W: 245  
 Age: 29 Computer Engineer  
 Calories Consumed:  
**3340**

**GOAL: Burn 3500 cals**

Sitting Office Work	6 hrs
Slow Walking	1 hr
Judo	x hrs

**Inequality**

How many hours will Bao need to spend at Judo to meet his goal?



**Cheryl**  
 H: 5'6" W: 175  
 Age: 53 Part-time Secretary  
 Calories Consumed:  
**2500**

**GOAL: Burn 2500 cals**

Sitting Office Work	4 hrs
Tennis	2 hrs
Swimming Leisure	x hrs

**Inequality**

Cheryl plans to go swimming at the local rec center. If she leisurely swims for 2 hours will she meet her calorie goal? Does she need to swim "competitively"?



Pete

H: 6'6" W: 235

Age: 31 Furniture Mover

Calories Consumed: 2862

GOAL: Burn 2800 cal

Carrying heavy Loads 5 hrs

Sitting 2 hrs

Mowing the Lawn 2 hrs

Inequality

Pete plans to mow after work. He has another two hours in the evening, can he watch TV or does he need something else to meet his goal?



Teddy

H: 5'7" W: 195

Age: 21 Cashier

Calories Consumed: 4842

GOAL: Burn 5000 cal

Standing 6 hrs

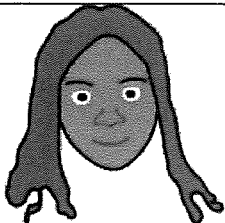
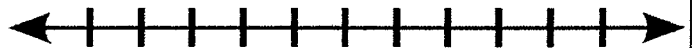
Carrying heavy Loads 1 hrs

Sitting 2 hrs

Ice Hockey x hrs

Inequality

After work Teddy plans to go to hockey practice. How many hours does Teddy need to play to meet his goal?



Chloe

H: 6'0" W: 145

Age: 31 Teacher

Calories Consumed: 3689

GOAL: Burn 4000 cal

Standing 5 hrs

Walking slow 2 hrs

Sitting 3 hrs

Carrying Infant 2 hrs

Backpacking x hrs

Inequality

After work Chloe takes care of her newborn baby. Her family decides to go on a backpacking hike. How many hours does this need to be for Chloe to reach her goal?



EXTENSION: Burning calories takes more work than you'd think. Eating a Big Mac is about the equivalent of running, playing touch football or baling hay for an hour. Based on this activity and the Burn Chart, estimate an ordinary school day for you. How many calories would you burn?

# THE FOOD CHART

<b>MILK &amp; DAIRY</b>	<b>Calories in Portion</b>
Cheese average	110 cal
Cottage cheese	49 cal
Cream cheese	200 cal
Eggs (1 average size)	90 cal
Ice cream	200 cal
Milk whole	175 cal
Milk semi-skimmed	125 cal
Milk skimmed	95 cal
Yogurt natural	90 cal
Yogurt reduced fat	70 cal
<b>BREADS &amp; CEREALS</b>	<b>Calories in Portion</b>
Bagel	140 cal
Bread, white	96 cal
Bread, whole	88 cal
Noodles (boiled)	175 cal
Pasta (normal boiled)	330 cal
Pita	124 cal
Potatoes (boiled)	210 cal
Rice (white boiled)	320 cal
Wheat Wrap	94 cal
<b>CONDIMENTS</b>	<b>Calories in Portion</b>
Chipotle Mayo	100 cal
Ketchup	15 cal
Light Mayonnaise	45 cal
Mayonnaise	110 cal
Mustard	5 cal
Ranch	25 cal
<b>DRINKS</b>	<b>Calories in Portion</b>
Apple Juice	120 cal
Gatorade	50 cal
Hawaiian Punch	90 cal
Monster	100 cal
Orange Juice	140 cal
Water	0 cal

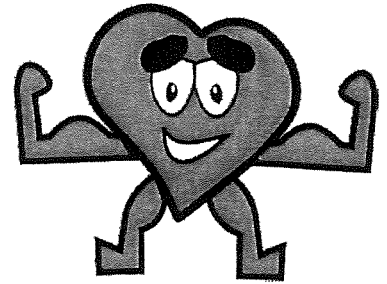
<b>MEATS &amp; FISH</b>	<b>Calories in Portion</b>
Bacon average fried	303 cal
Beef (roast)	252 cal
Chicken	171 cal
Ham	115 cal
Lamb (roast)	300 cal
Pork	260 cal
Salmon fresh	190 cal
Sausage pork fried	360 cal
Trout fresh	120 cal
Tuna	191 cal
Turkey	180 cal
<b>FRUITS &amp; VEGGIES</b>	<b>Calories in Portion</b>
Apple	44 cal
Banana	107 cal
Broccoli	27 cal
Cucumber	3 cal
Grapes	55 cal
Green Pepper	3 cal
Lettuce	4 cal
Orange	62 cal
Peas	210 cal
Spinach	8 cal
Strawberries	10 cal
Tomato	4 cal
<b>OTHERS</b>	<b>Calories in Portion</b>
Fiber One Chewy Bar	140 cal
Fruit Loops	120 cal
Lay's Potato Chips	150 cal
Oreos	160 cal
Peanut Butter	188 cal
Peanuts	160 cal
Pepperoni Hot Pocket	530 cal
Strawberry Pop Tart	410 cal
Stouffer's Mac & Cheese	350 cal
Trail Mix	593 cal

Data from: [caloriecount.about.com](http://caloriecount.about.com)





# Weight Watchers



Diet and Exercise are words often paired together and for good reason. Depending on weight related goals, these are the variables that pull the strings. While infomercials will break down the value of different types of calories, most experts agree — a calorie is a calorie. A calorie from a piece of broccoli is effectively the same as one from a candy bar. The energy burns the same. Of course there are other nutritional benefits to the broccoli, but when it comes down to barebones weight and energy they are pretty much the same.

A good rule of thumb, 3,500 calories is equal to a pound. Thus if you burn 3,500 more calories than you eat, you lose a pound. If you don't use 3,500 calories that you ate, you gain a pound.

Using the data on the handout "The Burn Chart" and "The Food Chart" help the five people plan their last workout or plan their last meal to help reach their goals.

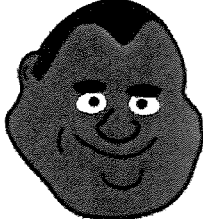
(Weight Loss)  $\text{Burn} - \text{Consumption} \geq \text{Goal}$

(Weight Gain)  $\text{Consumption} - \text{Burn} \geq \text{Goal}$

Name

Date

Period



**H.D.**

H: 5'8"    W: 265  
Age: 29    Moderate Activity

Weekly Goal:  
**Lose 3 lbs**

Calorie Goal Calculator


\_\_\_\_\_ \* 3500 cals  
lbs goal  
= \_\_\_\_\_  
total weekly cals  
circle(gain/lose)

\_\_\_\_\_ / 7 =  
total weekly cals

\_\_\_\_\_ extra per day  
circle(Consume/Burn)

Totals with ONE workout to go...	
Consumed	2570
Burned	2300

H.D. has two hours to workout to meet his fitness goals for the day. Choose an activity(ies) that will help him reach his daily goal.



**Trish**

H: 5'3"    W: 125  
Age: 23    Very Active

Weekly Goal:  
**Maintain Weight**

Calorie Goal Calculator

\_\_\_\_\_ \* 3500 cals  
lbs goal  
= \_\_\_\_\_  
total weekly cals  
circle(gain/lose)

\_\_\_\_\_ / 7 =  
total weekly cals

\_\_\_\_\_ extra per day  
circle(Consume/Burn)

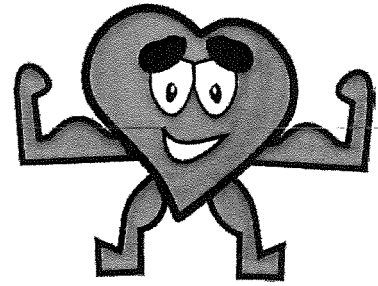
Totals with ONE meal to go...	
Consumed	1750
Burned	2290

Home from working out, Trish is ready for her last meal of the day. She'd like some kind of meat, fruit, and couple of vegetables. Choose carefully and try to meet her goals.

11



# Weight Watchers



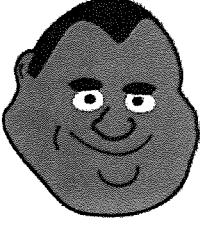
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A good rule of thumb, **3,500 calories is equal to a pound**. Thus if you burn 3,500 more calories than you eat, you lose a pound. If you don't use 3,500 calories that you ate, you gain a pound.

Using the data on the handout "The Burn Chart" and "The Food Chart" help the five people plan their last workout or plan their last meal to help reach their goals.

(Weight Loss)  $\text{Burn} - \text{Consumption} \geq \text{Goal}$

(Weight Gain)  $\text{Consumption} - \text{Burn} \geq \text{Goal}$

 <b>H.D.</b> H: 5'8"    W: 265 Age: 29    Moderate Activity Weekly Goal: <b>Lose 3 lbs</b>	<b>Calorie Goal Calculator</b> _____ * 3500 cals lbs goal = _____ total weekly cals circle(gain/lose)  _____ / 7 = total weekly cals  _____ extra per day circle(Consume/Burn)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">Totals with ONE workout to go...</th> </tr> <tr> <td>Consumed</td> <td>2570</td> </tr> <tr> <td>Burned</td> <td>2300</td> </tr> </table> <p>H.D. has two hours to workout to meet his fitness goals for the day. Choose an activity(ies) that will help him reach his daily goal.</p>	Totals with ONE workout to go...		Consumed	2570	Burned	2300
Totals with ONE workout to go...								
Consumed	2570							
Burned	2300							

 <b>Trish</b> H: 5'3"    W: 125 Age: 23    Very Active Weekly Goal: <b>Maintain Weight</b>	<b>Calorie Goal Calculator</b> _____ * 3500 cals lbs goal = _____ total weekly cals circle(gain/lose)  _____ / 7 = total weekly cals  _____ extra per day circle(Consume/Burn)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">Totals with ONE meal to go...</th> </tr> <tr> <td>Consumed</td> <td>1750</td> </tr> <tr> <td>Burned</td> <td>2290</td> </tr> </table> <p>Home from working out, Trish is ready for her last meal of the day. She'd like some kind of meat, fruit, and couple of vegetables. Choose carefully and try to meet her goals.</p>	Totals with ONE meal to go...		Consumed	1750	Burned	2290
Totals with ONE meal to go...								
Consumed	1750							
Burned	2290							

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_



Sydney

H: 5'2" W: 108

Age: 31 Moderate Activity

Weekly Goal: Gain 2 lbs

**Calorie Goal Calculator**

$$\begin{aligned} & \underline{\hspace{2cm}} * 3500 \text{ cals} \\ \text{lbs goal} & \\ & = \underline{\hspace{2cm}} \\ & \text{total weekly cals} \\ & \text{circle}(\text{gain/lose}) \end{aligned}$$

$$\underline{\hspace{2cm}} / 7 =$$

total weekly cals

           extra per day  
circle(Consume/Burn)

Totals with ONE meal to go...

Consumed	1440
Burned	1620

Sydney is trying to add a little muscle and is eating one last meal for the day. Figure out a combination that will meet her goal.



Shabazz

H: 6'4" W: 215

Age: 65 Extremely Active

Weekly Goal: Lose 2 lbs

**Calorie Goal Calculator**

$$\begin{aligned} & \underline{\hspace{2cm}} * 3500 \text{ cals} \\ \text{lbs goal} & \\ & = \underline{\hspace{2cm}} \\ & \text{total weekly cals} \\ & \text{circle}(\text{gain/lose}) \end{aligned}$$

$$\underline{\hspace{2cm}} / 7 =$$

total weekly cals

           extra per day  
circle(Consume/Burn)

Totals with ONE workout and ONE meal to go...

Consumed	1910
Burned	2130

Home from work, Shabazz would like to have a sandwich. Afterward, he has three hours to spend working out. Find a combination that meets his goals.



Tripiti

H: 5'9" W: 155

Age: 34 Moderate Activity

Weekly Goal: Maintain Weight

**Calorie Goal Calculator**

$$\begin{aligned} & \underline{\hspace{2cm}} * 3500 \text{ cals} \\ \text{lbs goal} & \\ & = \underline{\hspace{2cm}} \\ & \text{total weekly cals} \\ & \text{circle}(\text{gain/lose}) \end{aligned}$$

$$\underline{\hspace{2cm}} / 7 =$$

total weekly cals

           extra per day  
circle(Consume/Burn)

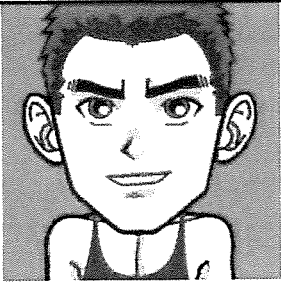
Totals with ONE workout and ONE meal to go...

Consumed	1750
Burned	1480

Tripiti is ready to chow on a veggie-filled pita with cheese and ice cream for dessert. She has two hours to play some kind of sport. Find a combo that works for her.

**EXTENSION:** Based on this activity, was finding combinations that worked difficult to do? Is this something that you could use in your daily life? Why or why not?





Michael P.

H: 6'4" W: 194

Age: 27 Olympic Swimmer

Weekly Goal:  
**Maintain Weight**

**Calorie Goal Calculator**

$$\begin{array}{l} \underline{\hspace{2cm}} * 3500 \text{ cals} \\ \text{lbs goal} \\ = \\ \text{total weekly cals} \\ \text{circle}(\text{gain/lose}) \end{array}$$

$$\underline{\hspace{2cm}} / 7 = \\ \text{total weekly cals}$$

$$\underline{\hspace{2cm}} \text{ extra per day} \\ \text{circle}(\text{Consume/Burn})$$

**GOAL:** Coming out of retirement, Michael is preparing for his next World Championship run. He needs to maintain his weight through his training.

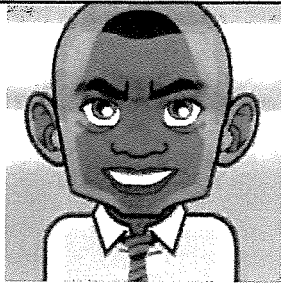
**RESTRICTION:** Michael needs to swim competitively at least 5 hours a day and run vigorously at least 4 hours. He'd also like to spend at least an hour playing another sport.

FITNESS	
Activity	cal
<b>TOTAL</b>	

DIET					
BREAKFAST		LUNCH		DINNER	
item	cal	item	cal	item	cal
				<b>TOTAL</b>	

[(Diet Total) - (Fitness Total)] > (Calorie Goal)      \_\_\_\_\_ - \_\_\_\_\_ > \_\_\_\_\_

In your plan, does Michael meet his goal? Show evidence.



**Barack O.**

H: 6'1" W: 180

Age: 51 Politician

Weekly Goal:

**Lose 4 lbs**

**Calorie Goal Calculator**

$$\begin{array}{l} \underline{\hspace{2cm}} * 3500 \text{ cals} \\ \text{lbs goal} \\ = \\ \underline{\hspace{2cm}} \\ \text{total weekly cals} \\ \text{circle}(\text{gain/lose}) \end{array}$$

$$\underline{\hspace{2cm}} / 7 =$$

total weekly cals

$$\underline{\hspace{2cm}} \text{ extra per day}$$

circle(Consume/Burn)

**GOAL:** Barack is preparing for his next political race. The White House food has gone right to his thighs and he wants to appear slimmer and trimmer for his national debates. His wants to lose 4 pounds a week.

**RESTRICTION:** Barack definitely has to have something from every food group in each meal. His time is limited so he only has 3 hours for him to workout. He also must play basketball.

FITNESS	
Activity	cal
<b>TOTAL</b>	

DIET					
BREAKFAST		LUNCH		DINNER	
item	cal	item	cal	item	cal
				<b>TOTAL</b>	

**[(Diet Total) - (Fitness Total)] > (Calorie Goal)**               -          >         

In your plan, does Barack meet his goal? Show evidence.

15



**Beyonce K.**

H: 5'6" W: 130

Age: 30 Singer

Weekly Goal:

**Gain 1 lbs**

**Calorie Goal Calculator**

\_\_\_\_\_ \* 3500 cal  
lbs goal

= \_\_\_\_\_

total weekly cal  
circle(gain/lose)

\_\_\_\_\_ / 7 =  
total weekly cal

\_\_\_\_\_ extra per day  
circle(Consume/Burn)

**GOAL:** Beyonce has another baby on the way. Her doctor told her she needs to gain a pound a week to keep things healthy. Beyonce would like to stay active and physically fit throughout her pregnancy.

**RESTRICTIONS:** Obviously being pregnant will limit most high-impact activities. Since she's become pregnant she's also become lactose intolerant – so no dairy.

FITNESS	
Activity	cal
<b>TOTAL</b>	

DIET					
BREAKFAST		LUNCH		DINNER	
item	cal	item	cal	item	cal
				<b>TOTAL</b>	

**[(Diet Total) - (Fitness Total)] > (Calorie Goal)**      \_\_\_\_\_ - \_\_\_\_\_ > \_\_\_\_\_

In your plan, does Beyonce meet her goal? Show evidence.



**Johnny D.**

H: 5'10" W: 158

Age: 49 Actor

Weekly Goal:

**Lose 5 lbs**

Calorie Goal Calculator

$$\begin{array}{l} \underline{\hspace{2cm}} * 3500 \text{ cals} \\ \text{lbs goal} \\ = \\ \underline{\hspace{2cm}} \\ \text{total weekly cals} \\ \text{circle}(\text{gain/lose}) \end{array}$$

$$\underline{\hspace{2cm}} / 7 =$$

total weekly cals

$$\underline{\hspace{2cm}} \text{ extra per day}$$

circle(Consume/Burn)

**GOAL:** Johnny has taken a starring role in a Broadway play about the life of Robinson Crusoe. Johnny fully commits to his roles and it's important to him to make it as authentic as possible. Since Crusoe was an island castaway, Johnny's goal is to lose 25 pounds, but he wants to do it more safely - 5 pounds a week.

**RESTRICTION:** Johnny is experimenting with a vegan diet (no meat, no dairy, no animal by-products). He has a knee problem so he doesn't plan on playing any sports, but wants to be an outdoorsman like Crusoe.

FITNESS	
Activity	cal
<b>TOTAL</b>	

DIET					
BREAKFAST		LUNCH		DINNER	
item	cal	item	cal	item	cal
<b>TOTAL</b>					

**[(Diet Total) - (Fitness Total)] > (Calorie Goal)**      \_\_\_\_\_ - \_\_\_\_\_ > \_\_\_\_\_

In your plan, does Johnny meet his goal? Show evidence.

17