**Aquatic Unit Make-up Assignment**

**Mrs. Dobbertin**

**Step 1 –Nutrition Log** – Use the below chart to write down each and every thing you eat and drink over a two day period. Do not leave anything out. Make sure you record the amount (serving size) you have consumed for each and every item. Additionally, use the specific brand names of the food you are eating, if they have one. When completing this log, do not leave out ingredients used to prepare a meal, such as butter. Include any and all condiments put on sandwiches, etc.

**DAY 1**

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| **Type of Food OR Drink** | **Amount consumed** | **Time of Day** |
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**DAY 2**

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| --- | --- | --- |
| **Type of Food OR Drink** | **Amount consumed** | **Time of Day** |
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**Step 2 – Create a Livestrong Account** – Log onto [www.livestrong.com](http://www.livestrong.com). Create an account. This is a free website which is very beneficial. You will need to create a username and password you will remember.

**Step 3 – My Plate**

1. Click on the “Tools” tab, scroll down and click on MyPlate.
2. Once on the MyPlate screen, click on “Calorie Goals”. Complete the fields, including your height, etc. Once you submit your information, you will be given your specific daily calorie goal. **PRINT THIS PAGE**
3. Next, click on “Weight”, which is next to “Calorie Goals”. Enter your current weight. Next, click on “BMI Chart”. This page will now display your BMI (Body Mass Index) and your current weight status. **PRINT THIS PAGE**.
4. Now, using your above nutrition logs, enter each and every item. Simply type the item or ingredient into the open field. You will then be given a list of choices. Click on the most accurate listing. After you make your selection, make sure to enter the amount consumed and the time of day you consumed each item. Remember to do this for BOTH of your nutrition logs. You can adjust the date for your second log on the upper right side of the screen. **PRINT BOTH DAILY MY PLATE LOGS**

**Step 4 – Loops**

1. Click on the “Tools” tab again, scroll down and click on “Loops”
2. Click on “Create a Loop”. Use the map to create an exercise loop that you would actually use. You simply need to click at various points on the map to make your route. A suggestion would be to start at your house and make a loop in your neighborhood. View the “Statistics” column on the right. Change the bottom field to be the type of activity you would realistically use this loop for. **PRINT THIS PAGE**.

**Step 5 - Analyze Your Reports** – **View your print-outs. COMPLETE THE ATTACHED SHEET ENTITLED “SUMMARY OF LIVETSTRONG PROJECT”**

**Step 6 – Attach and submit ALL work in the following order.**

1. **This packet**
2. **Calorie Goal Print-out**
3. **BMI Print-out**
4. **MyPlate Nutrition Print-Outs**
5. **Loop Print-Out**
6. **Summary of Livestrong Project**