**Assessment of energy balance over 3 days**

Student: Class:

Age: Date:

|  |
| --- |
| **BODY COMPOSITION DATA** |
| **Weight:** |  | **Hip perimeter:** |  |
| **Height:** |  | **Waist Perimeter:** |  |
| **BMI: Kg/m2** |  | **ICC:I Cintura/I Cadera** |  |

 **Values Index Waist-Hip**

**BMI Values Boys**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age** | **Deficit** | **Normal** | **Overweight** | **At-Risk** | **Obesity** |
| 12131415161718 | <16.5<17.0<17.6<18.2<18.9<19.5<20.2 | 16.5 - 19.717.0 - 20.417.6 - 21.218.2 - 21.918.9 - 22.719.5 - 23.420.2 - 24.1 | >19.7>20.4>21.2>21.9>22.7>23.4>24.1 | >21.0>21.8>22.6>23.4>24.2>24.9>25.6 | >24.2>25.1>26.0>26.8>27.5>28.2>29.0 |

**BMI Values Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age** | **Deficit** | **Normal** | **Overweight** | **At-Risk** | **Obesity** |
| 12131415161718 | <16.5<17.1<17.6<18.2<18.7<19.1<19.4 | 16.5 – 20.217.1 - 21.017.6 - 21.718.2 – 22.318.7 - 22.919.1 - 23.419.4 - 23.8 | >20.2>21.0>21.7>22.3>22.9>23.4>23.8 | >21.8>22.5>23.3>24.0>24.7>25.2>25.6 | >25.2>26.3>27.3>28.1>28.9>29.6>30.3 |

**Record of diet: Day 1 Date:**

|  |  |
| --- | --- |
| Time:  |  **Breakfast** |
| **Food** |  Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |  |  |
|  |  |
| Time: |  Lunch |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |
| Time: |  Main Meal |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |
| Time: |  Snack |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |
| Time: |  **Dinner** |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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**Record of diet: Day 2 Date:**

|  |  |
| --- | --- |
| Time:  |  **Breakfast** |
| **Food** |  Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |
| Time: |  Lunch |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |
| Time: |  Main Meal |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |
| Time: |  Snack |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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|  |  |  |  |
|  |  |
| Time: |  **Dinner** |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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**Record of diet: Day 3 Date:**

|  |  |
| --- | --- |
| Time:  |  **Breakfast** |
| **Food** |  Amount | Kcal/100gr  | Kcal taken |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |
| Time: |  Lunch |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |
| Time: |  Main Meal |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |
|  |  |
| Time: |  Snack |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
|  |  |  |  |
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|  |  |  |  |
|  |  |
| Time: |  **Dinner** |
| **Food** | Amount | Kcal/100gr  | Kcal taken |
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**Assessment of energy expense:**

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| --- |
| **Resting Metabolism Index:** |
|  Boys 10-18 years: (Weight Kg x 17,5) + 651 |  |
|  Girls 10-18 years: (Weight Kg x 12,2) + 746 |  |

|  |
| --- |
| **Daily Metabolic expense:** |
| IMR x 1,4 Low-activity life |  |
| IMR x 1,7 Moderately active life |  |
| IMR x 2 Very active life |  |

|  |
| --- |
| **Calculate calories spent on exercise:** |
| Day1 |  |  |
| Day2 |  |  |
| Day 3 |  |  |

|  |
| --- |
| **Total calories spent:** |
| Day 1 |  |
| Day 2 |  |
| Day 3 |  |

**Assessment of caloric intake**

|  |
| --- |
| **Total calories taken in:** |
| Day 1 |  |
| Day 2 |  |
| Day 3 |  |

**Total assessment of energy balance:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** |
| Result of caloric intake: |  |  |  |
| Result of calories spent: |  |  |  |
| Resultado of energetic balance: |  |  |  |

**Conclusions:**

Reflect in depth about...

1. **Assessment of diet:**
2. **Assessment of my physical activity:**
3. **Assessment of my lifestyle:**