**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** |
| 12 13 14 15 16 17 18 | <16.5 <17.0 <17.6 <18.2 <18.9 <19.5 <20.2 | 16.5 - 19.7 17.0 - 20.4 17.6 - 21.2 18.2 - 21.9 18.9 - 22.7 19.5 - 23.4 20.2 - 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** |
| 12 13 14 15 16 17 18 | <16.5 <17.1 <17.6 <18.2 <18.7 <19.1 <19.4 | 16.5 – 20.2 17.1 - 21.0 17.6 - 21.7 18.2 – 22.3 18.7 - 22.9 19.1 - 23.4 19.4 - 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:**

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| --- | --- | --- | --- | --- |
| 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 |
|  | |  |  |  |
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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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**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:**