



Week 1: Get TRACKIN'

Introduction: Athletes need fuel to perform. Food serves many purposes however, first and foremost, food is converted to the energy which fuels every cell in our body. **Get Trackin'** serves as the *first* step to identify how much total fuel your body needs each day. Measuring daily caloric intake is not an exact science however, tracking food and beverage consumption for a few days will provide sufficient information to determine which nutrients require adjustment to meet your personal performance goals.

Background: The term “*Calorie*” refers to the amount of energy the body obtains through food and beverages. The amount of calories needed each day varies based on age, gender, height, weight, physical health and individual activity levels. Carbohydrates, fats, and proteins in food provide different calories levels and support different functions in the body which will be discussed in detail over the course of this program.

Week 1 Focus:

1. Identify differences in energy intake vs. recommended
2. Pinpoint foods groups which are over or under consumed

Note: Participants must track for a minimum of 3 to 4 days to obtain realistic results.

Week 1 Challenge: Meet calorie goal within 5 to 10% of recommended range.

Cookin' up Fitness Connect: To connect with a coach, follow us on Instagram. If you have general questions about the Nutrition Basic Training program, contact us via direct message.

Private Coaching: Customized coaching is available post completion of the Nutrition Basic Training Program. Go to Cookinupfitness.com, select contact and send a brief note regarding the coaching or culinary service you are requesting.



Week 1 Instructions: Each participant will determine how much fuel their body needs in terms of total calories, carbohydrates, fats, and proteins by tracking all food and beverage intake for 3 to 4 days. **You may use any application you choose to track food and beverage consumption** however, **Cookin' up Fitness** will provide instruction from USDA SuperTracker site. Instructions on how to use the USDA SuperTracker can be found under **Step 1**.

Week 1 Tip: The first step in **Get TRACKIN'** is to determine how close the participant's average energy (aka calorie) intake is to the recommended amount. This 3-4 day food log will serve as an *estimate* to identify areas which require adjustment.

Step 1: Create a Journal

Go to the USDA's Choose MyPlate website: www.ChooseMyPlate.gov



Step 2: Go to SuperTracker

Click on *Online Tools* located in the black box. Select SuperTracker as shown below





Step 3: Create a Profile

To create an account in the Super Tracker select create a profile and complete the instructions on the website to create an account. You will received an email to verify your account which will take you back to the website to begin tracking. **Do not forget to write down the user name and password.**

The screenshot shows the ChooseMyPlate.gov website. The main navigation bar includes links for MyPlate, Weight Management & Calories, Physical Activity, SuperTracker & Other Tools, Printable Materials & Ordering, and Healthy Eating Tips. The SuperTracker & Other Tools section is highlighted, and a red arrow points to the 'Create a Profile' button. Below the button, there is a 'Log In' link and a 'Create a Profile to get started today!' button. A red circle highlights the 'Create a Profile' button.

Step 4: Review “My Plan.” This page provides the target calorie goal and food group targets for grains, vegetables, fruits, dairy and protein foods to guide and promote nutritional balance.

NOTE: This page does NOT show carbohydrate, fat and protein targets. This information will be reviewed in weeks 2 through 4. This week participants will focus on caloric intake. Please eat and log food according to usual consumption patterns.

The screenshot shows the SuperTracker 'My Plan' page. The page header includes the SuperTracker logo and the USDA United States Department of Agriculture logo. The main navigation bar includes links for Food-A-Pedia, My Plan, Track Food & Activity, My Reports, and My Features. The 'My Plan' section is highlighted, and a red arrow points to the 'My Plan' button. Below the button, there is a 'Sample Meal Plans' link. The 'My Plan' section displays the following information:

Today	Physical Activity Target	Daily Calorie Limit	Daily Food Group Targets																				
12/16/16	Week of 12/11/16 to 12/17/16 Target: AT LEAST 150 minutes per week Actual: 0 minutes	Allowance: 2000 Eaten: 180 Remaining: 1820	<table border="1"><thead><tr><th>Grains</th><th>Vegetables</th><th>Fruits</th><th>Dairy</th><th>Protein Foods</th></tr></thead><tbody><tr><td>Target: 0 oz.</td><td>Target: 2½ cup(s)</td><td>Target: 2 cup(s)</td><td>Target: 3 cup(s)</td><td>Target: 5½ oz.</td></tr><tr><td>Eaten: 0 oz.</td><td>Eaten: ½ cup(s)</td><td>Eaten: 0 cup(s)</td><td>Eaten: 0 cup(s)</td><td>Eaten: 1 oz.</td></tr><tr><td>Status: -</td><td>Status: Under</td><td>Status: -</td><td>Status: -</td><td>Status: Under</td></tr></tbody></table>	Grains	Vegetables	Fruits	Dairy	Protein Foods	Target: 0 oz.	Target: 2½ cup(s)	Target: 2 cup(s)	Target: 3 cup(s)	Target: 5½ oz.	Eaten: 0 oz.	Eaten: ½ cup(s)	Eaten: 0 cup(s)	Eaten: 0 cup(s)	Eaten: 1 oz.	Status: -	Status: Under	Status: -	Status: -	Status: Under
Grains	Vegetables	Fruits	Dairy	Protein Foods																			
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Status: -	Status: Under	Status: -	Status: -	Status: Under																			



Step 5: Participants 18 and over may compare “My Plan” calorie goal to the “Body Weight Planner” results for greater caloric accuracy. Click on website shown below and follow instructions. <https://www.supertracker.usda.gov/bwp/>

The My Plan and Body Weight Planner are the personalized calorie **“target goal”** for daily consumption. Add these numbers to the **SportFit Tracker**.

Body Weight Planner | *Balancing Your Food and Activity*

Step 1 of 4 - Enter your starting information Switch to Expert Mode

Starting Information

U.S. Units | Metric Units

Weight: lbs

Sex:

Age: yrs

Height: ft. in.

Physical Activity Level: Estimate Your Level

Next Step

Starting Information

Enter your starting information, including your weight, sex, age, height, and physical activity level.

Physical Activity Level

Click the “Estimate Your Level” button to find your physical activity level. Typical physical activity level numbers range from 1.4 (sedentary) to 2.5 (very active). The default value of 1.6 describes someone who does very light activity at school or work (mostly sitting) and moderate physical activity (such as walking or cycling) at least once a week.

Disclaimer: This information is for use in adults defined as individuals 18 years of age or older and not by younger people, or pregnant or breastfeeding women. This information is not intended to provide medical advice. A health care provider who has examined you and knows your medical history is the best person to diagnose and treat your health problem. If you have specific health questions, please consult your health care provider.



NOTE: You may adjust this plan anytime you choose by selecting **“My Features”** and clicking on the specific **“Select a goal”** box you wish to modify.

Food-A-Pedia | **My Plan** | Track Food & Activity | My Reports | **My Features**

My Top 5 Goals | My Weight Manager | My Journal

You are here: Home -> My Features -> My Top 5 Goals

Today: 12/20/16

Physical Activity Target

Week of 12/18/16 to 12/24/16

Target: AT LEAST 150 minutes per week

Actual: 0 minutes

Daily Calorie Limit

Allowance	2000
Eaten	0
Remaining	2000

Daily Food Group Targets

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2 1/2 cup(s)	2 cup(s)	3 cup(s)	5 1/2 oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Remaining	-	-	-	-	-

My Top 5 Goals

Set personal goals that you want to achieve. You can choose and track up to 5 areas. Sign up in My Coach Center to receive tips and support as you work toward your goals.

Select a goal:

Weight Management

Physical Activity

Calories

Food Groups

Nutrients

Choose One:

Maintain Current Weight

Move toward a Goal Weight

Current Weight: lbs.

Goal Weight: lbs.

US

+ Add

TIP: Use the National Institutes of Health (NIH) Body Weight Planner for help setting your goal weight. Find out how many calories and how much physical activity are needed to reach your goal weight within a specific time period and maintain it afterward.

My Coach Center

Sign up to receive tips and support related to your goals.

Send me messages in My Coach Center

Send me messages via email

Please provide an email address:

Choose how often you want to receive messages:

Submit

Goals | **How Am I Doing?**



Step 6: Start Trackin’

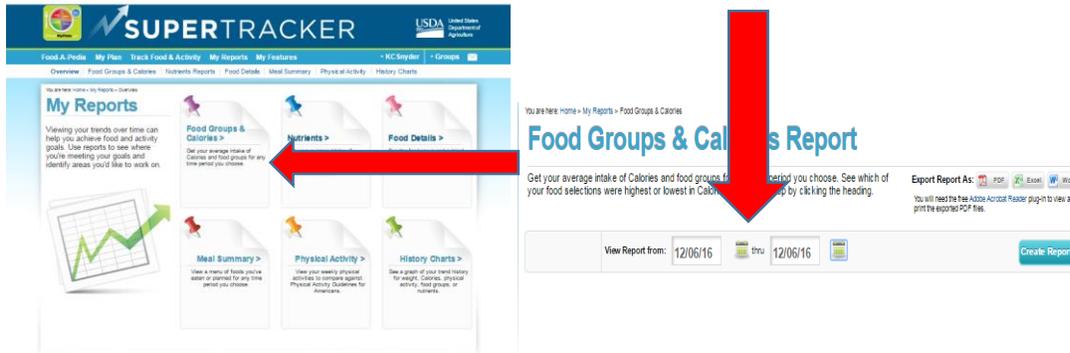
Choose any 3 to 4 days over the next 7 to log all food and beverage intake into the USDA SuperTracker. At the end of this time period you will determine how close your average intake was to the recommended calorie range. Each participant will record all food and beverages into the Food Tracker. Click on **Track Food & Activity** next to the red arrow and select **Food Tracker**. Next, input the food by typing in the name of the food (bagel) then select the food item which most closely matches the food you consumed. *(It does not have to be exact every time!)* Select the quantity consumed located under food details and the meal time ate. Click on **+ Add** to transfer the food selection to the “total eaten” portion of the food tracker. Notice as each food is entered the graph on the right side will update to show how close the user is to the daily target goals. *Track all food and beverage intake for 3 to 4 days minimum!*

The screenshot shows the USDA SuperTracker Food Tracker interface. A red arrow points to the 'Track Food & Activity' button in the top navigation bar. Another red arrow points to the 'Food Tracker' link in the secondary navigation bar. A third red arrow points to the 'Add' button in the 'Food Details' section for a 'Bagel, 100% whole wheat' item. A fourth red arrow points to the 'Total Eaten: 180 Calories' summary. A fifth red arrow points to the 'Daily Limits' section, which shows 'Total Calories Eaten: 180' and a bar chart for 'Total Percentage of Target' with categories for Veg (19%), Protein (18%), and other groups. The interface also displays 'Physical Activity Target' (AT LEAST 150 minutes per week) and 'Daily Calorie Limit' (2000 allowance, 180 eaten, 1820 remaining).



Step 7: Review results

Select “My Reports Food Groups & Calories” and enter the date range the food and beverage intake was recorded and select create report.



The **Food Groups & Calories Report** is shown below. This report populates your food and beverages intake and illustrate how close your consumption was to the recommended goal.

NOTE: Click on the (+) symbol to receive a list of food sources and tips on how to alter food intake to meet the recommended target. **How did you do? Did you meet your calorie goal?**

Food Groups	Target	Average Eaten	Status
Grains	8 ounce(s)	4½ ounce(s)	Under
Whole Grains	2-3 ounce(s)	2½ ounce(s)	OK
Refined Grains	5-8 ounce(s)	2 ounce(s)	OK
Vegetables	2½ cup(s)	3 cup(s)	Over
Dark Green	1½ cup(s)/week	0 cup(s)	Under
Red & Orange	1½ cup(s)/week	1½ cup(s)	Under
Beans & Peas	1½ cup(s)/week	1½ cup(s)	Under
Starchy	6 cup(s)/week	0 cup(s)	Under
Other	4 cup(s)/week	2 cup(s)	Under
Fruits	2 cup(s)	1½ cup(s)	Under
Whole Fruit	No Specific Target	0 cup(s)	No Specific Target
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target
Dairy	3 cup(s)	2 cup(s)	Under
Milk & Yogurt	No Specific Target	1 cup(s)	No Specific Target
Cheese	No Specific Target	1 cup(s)	No Specific Target
Protein Foods	5 ounce(s)	6 ounce(s)	OK
Seafood	3 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	2 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	4 ounce(s)	No Specific Target
Oils	5 Teaspoon	3 Teaspoon	Over
Limits	Limit	Average Eaten	Status
Total Calories	2000 Calories	1728 Calories	OK
Added Sugars	< 200 Calories	48 Calories	OK
Saturated Fat	< 200 Calories	171 Calories	OK

Note: If you ate Beans & Peas and chose "Count as Protein Foods Instead," they will be included in the Nuts, Seeds & Soy subgroup.

The according to Behavioral Risk Factor Surveillance System (BRFSS) less than 15% of Americans eat the recommended amount of Fruit and Vegetables each day. Review your 3 day average intake of fruit and vegetables.

Why do I need fruit and vegetables? Can't I get what I need from taking a supplement?

Fruit and vegetables contain vitamins and minerals your body needs for optimal performance. Like a car, when you fuel with insufficient or low grade gas you are eventually going to run out of steam. Fruit and vegetables contain more than 4000 phytonutrients, compounds which serve as antioxidants, enhance immune response, alter estrogen metabolism, kill cancer cells and repair DNA. While scientists have uncovered some of beneficial effects much remains unknown which is why it's better to eat them than take a pill.

To learn more click on this link:
<http://www.fruitsandveggiesmatters.org/what-are-phytochemicals>



Step 8: Document results

Each participant will document their personal results on the **SportFit Tracker**. Over the next several weeks participants will begin to **adjust/correct caloric balance** based on assessment of carbohydrates, fat, and protein consumption. While you may be eager to jump in and make adjustments now, we recommend you **start gradually** and move through the program as guided.

Additional Links to support your nutrition transformation

10 Tips to build a healthy meal

This link provides 10 Tips on how to build a healthy meal. **Choose 1 to work on this week.**
<https://www.choosemyplate.gov/ten-tips-build-healthy-meal>

Fruit and Vegetable Nutrition Data Base

This site provides great information and tips on nutritional benefits of fruit and vegetables as well as storage and handling tips.

<http://www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-databaseVegetable>

What fruit and vegetables are in season?

Knowing what fruit and vegetables are in season will not only save you money but increase the nutrients consumed because many of them may be locally grown providing greater nutritional value.

<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>