

The 500-Calorie Challenge Worksheet

Choose a typical week in regard to eating and snacking (not holiday time or travelling), but include eating out, if that's part of your usual week.

Try to find at least one food at every typical meal or snack to decrease or not eat at all. If you don't usually have a snack at that time, then just skip that row. Note down the amount you have chosen to reduce each food (totally; by half; a quarter, etc.).

Use the Easier/Harder column to estimate how difficult it was to do so (1 = easier/7 = harder).

Look up the calories of those target foods, estimate (or measure) how much you reduced them and jot down your Calorie Savings. You can then see how much they add up to over the day in the Calorie Total Saved column.

Use a new sheet every day for at least a week, including both weekend and week days.

Experiment with different foods for at least a week or two (or more) before deciding to try to make these changes part of your usual eating style.

Day	Meal/Snack	Food	Amount Reduced	Easier/ Harder (1-7)	Calorie Savings	Calorie Total Saved
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Notes (what worked, what didn't; what was unusual about the day; other ideas):