PE 20/30 Nutrition and Fitness

Sparkpeople Assignment:

A.

1. Print your food log (/5)
2. Look at the following reports:
* Daily Calorie Breakdown for 2 days
* Calories and Nutrients Over Time
* Calorie differential Over Time
* Daily Calorie Differential for 2 days
* Fitness Minutes Over Time
* Strength Training Over Time – if 0, you must state this.
* Cardio Report Over Time

B. Using the information from your reports, please answer the following questions

(Do not use Point Form!)

1. Define the Basal Metabolic Rate (/2)
* What is your BMR
1. Can you please analyze your Nutrition data and explain the positives and negatives of what you have observed? What do you need to do to sustain a healthy lifestyle? (/2)
2. /2 Can you please analyze your Fitness data and explain the positives and negatives of what you have observed? What do you need to do to sustain a healthy lifestyle? (/2)
3. /2 What steps do you plan on taking now that you have analyzed your Nutrition and Fitness over the past couple of days? Create a resolution that is easy and is something that you plan on doing this year in regards to either Fitness or Nutrition. (/2)