

Appendix D Calorie Scorecard

Name: _____ Date: _____ Dieting Cycle: _____ Week#: _____
 Type of Day: _____ Calorie Goal: _____ Activity Level: _____

| FOOD ITEM | Amount | Meal | Calories | GOLD | SILVER | BRONZE | 0 - Value | CARB | PRO | FAT |
|---|--------|------|----------|------|--------|--------|-----------|------|-----|-----|
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| Total Calories | | | | | | | | | | |
| % Daily Calories = (total ÷ goal) x 100 | | | | | | | | | | |
| Total Calories of Gold, Silver, Bronze, 0-Value | | | | | | | | | | |
| % Gold,Silver,Bronze= e.g. (gold ÷ total) x 100 | | | | | | | | | | |
| Points=each % Gold-3pts/Silver-2pts/Bronze-1pt | | | | | | | | | | |
| Total Points | | | | | | | | | | |
| Total grams of macronutrients | | | | | | | | | | |
| Calories = each gram of CARB = 4 kcal / PRO = 4 kcal / FAT = 9 kcal | | | | | | | | | | |
| % of macronutrients = e.g. (total CARB calories ÷ total calories) x 100 | | | | | | | | | | |