**Student Learning Outcome**

**Activity Level**

Are you currently physically active (YES)

**Describe activity in duration, how many days per week, type of activity**

There are several activities that I am involved in that demonstrate my level of physical activity. This comprise of going to the gym four days per week for 60-90 minutes, running thrice every week for half an hour, and incorporating cycling at least once a week for a maximum of four hours. However, I try to incorporate other exercises such as playing an outdoor sport like tennis and swimming. These exercises are high intensity activities that demand endurance and some level of physical activeness.

**7-day Food Recall**

**Day One** (typical day)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 1 cup | Mango juice | Breakfast |
|  |  | 2 | pancakes |  |
|  |  | ¾ cup | cereals |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1/3 cup | Tuna salad with eggs | Lunch |
|  |  | 2 Pieces | pizza |  |
|  |  | 1 cup | Water |  |
|  |  | 1 | Apple |  |
|  |  |  |  |  |
| 4:00 pm | Away | I large | Coffee |  |
|  |  |  |  |  |
| 6:30 pm | Home | 3 oz | Meat, steamed | Dinner |
|  |  | 1 cup | Broccoli steam |  |
|  |  | ½ cup | Salad lettuce and cabbage |  |
|  |  | 1 cup | Water |  |
|  |  |  |  |  |
| 10:00 pm | Home | 1 cup | Milk |  |
|  |  | 3 small | cookies | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day Two** (Not day, because it is among the rare occasions that we tend to eat out for dinner)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 1 cup | Orange juice | Breakfast |
|  |  | 1 | pancakes |  |
|  |  | ½ cup | cereals |  |
|  |  | 2 slices | Peanut butter sandwich |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1/3 cup | Chicken and veggie stir-fry with rice | Lunch |
|  |  | 1/2 | White rice |  |
|  |  | Size of deck cards | Stripped chicken breast |  |
|  |  | ¼ cup | Carrots |  |
|  |  | ½ teaspoon | Canola oil |  |
|  |  | ¼ cup | Broccoli florets |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 4:00 pm | Away | I bar | Dark chocolate, nuts and KIND bar |  |
|  |  |  |  |  |
| 6:30 pm | Home | 1 | Mac and cheese, side | Dinner |
|  |  | 1 | Jason’s Deli, California club |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 8:00 pm | Home | 1 medium | Apple |  |
|  |  |  |  | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Day Three

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 2 tbls | Peanut butter, Jif, Crunchy | Breakfast |
|  |  | I cup | Coffee |  |
|  |  | 2 slices | Whole wheat toast |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1 tbls | Mayonnaise, light | Lunch |
|  |  | 1 cup | Tomato soup |  |
|  |  | 3 slices | Brown Bread |  |
|  |  | 1 piece | Banana pie |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 4:00 pm | Away | I bar | Dark chocolate, nuts and KIND bar |  |
|  |  |  |  |  |
| 6:30 pm | Home | 1 | Mac and cheese, side | Dinner |
|  |  | 1 bowl | Chicken soup |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 8:00 pm | Home | 1 medium | Apple |  |
|  |  | 1 large | banana | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day Four**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 1 cup | Passion juice | Breakfast |
|  |  | 2 | Chocolate pancakes |  |
|  |  | ¾ cup | cereals |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1/3 cup | fries | Lunch |
|  |  | 2 Pieces | pizza |  |
|  |  | 1 cup | Water |  |
|  |  | 1 | Apple |  |
|  |  |  |  |  |
| 4:00 pm | Away | I large | Coffee |  |
|  |  |  |  |  |
| 6:30 pm | Home | 3 oz | Meat, steamed | Dinner |
|  |  | 1 cup | Broccoli steam |  |
|  |  | ½ cup | Salad lettuce and cabbage |  |
|  |  | 1 cup | Water |  |
|  |  |  |  |  |
| 10:00 pm | Home | 1 cup | Milk |  |
|  |  | 3 small | cookies | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day Five**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 2 tbls | Peanut butter, Jif, Crunchy | Breakfast |
|  |  | I cup | Coffee |  |
|  |  | 2 slices | Whole wheat toast |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1 tbls | Mayonnaise, light | Lunch |
|  |  | 1 cup | Tomato soup |  |
|  |  | 3 slices | Brown Bread |  |
|  |  | 1 piece | Banana pie |  |
|  |  | ½ medium | Burger |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 4:00 pm | Away | I bar | Dark chocolate, nuts and KIND bar |  |
|  |  |  |  |  |
| 6:30 pm | Home | 1 cup | Rice/noodles | Dinner |
|  |  | 1 bowl | Chicken soup |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 8:00 pm | Home | 1 medium | Apple |  |
|  |  | 1 large | banana | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day Six**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 1 cup | Orange juice | Breakfast |
|  |  | 1 | pancakes |  |
|  |  | ½ cup | cereals |  |
|  |  | 2 slices | Peanut butter sandwich |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1/3 cup | Chicken and veggie stir-fry with rice | Lunch |
|  |  | 1/2 | White rice |  |
|  |  | Size of deck cards | Stripped chicken breast |  |
|  |  | ¼ cup | Carrots |  |
|  |  | ½ teaspoon | Canola oil |  |
|  |  | ¼ cup | Broccoli florets |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 4:00 pm | Away | I bar | Dark chocolate, nuts and KIND bar |  |
|  |  |  |  |  |
| 6:30 pm | Home | 1 | Mac and cheese, side | Dinner |
|  |  | 1 | Jason’s Deli, California club |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| 8:00 pm | Home | 1 medium | Apple |  |
|  |  |  |  | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Day Seven**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Place | Amount | Description | Comments |
| 7:30 | Home | 1 cup | Mango juice | Breakfast |
|  |  | 2 | pancakes |  |
|  |  | ¾ cup | cereals |  |
|  |  |  |  |  |
| 12:00 pm | Away | 1/3 cup | Tuna salad with eggs | Lunch |
|  |  | 2 Pieces | pizza |  |
|  |  | 1 cup | Water |  |
|  |  | 1 | Apple |  |
|  |  |  |  |  |
| 4:00 pm | Away | I large | Coffee |  |
|  |  |  |  |  |
| 6:30 pm | Home | 3 oz | Meat, steamed | Dinner |
|  |  | 1 cup | Broccoli steam |  |
|  |  | ½ cup | Salad lettuce and cabbage |  |
|  |  | 1 cup | Water |  |
|  |  |  |  |  |
| 10:00 pm | Home | 1 cup | Milk |  |
|  |  | 3 small | cookies | Snack |
|  |  |  |  |  |
|  |  |  |  |  |
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