

**The Academy of Exercise Physiology and Sports Medicine  
Required Summer Writing Assignment**

Directions: Choose 3 days this summer (1 day must be a Friday, Saturday, or Sunday) to document your caloric consumption (calorie intake) of meals, snacks, and beverages. Keep track of any physical activity that you participate in that would count as the expenditure (burning/using) of calories. A sample list of caloric costs on selected activities is attached.

Example:

Day	Meals, Snacks, and Beverages	Caloric Intake per Item	Physical Activity	Cal/min/lb X weight X minutes = calories
Ex. Day #1 (Sunday)	Mini- muffin	100 calories	Football – 30 min.	$.04 \times 120 \times 30 = 144$ calories
	Orange juice	140 calories	Volleyball- 30 min.	$.036 \times 108 \times 30 = 116.6$ calories
	Grits	120 calories	Karate- 20 min.	$.087 \times 261 \times 20 = 454$ calories
	Chicken nuggets	350 calories		
	French fries	300 calories		
	Green beans	120 calories		
	Mashed potatoes	150 calories		
	Coca Cola	140 calories		
	Roast beef	250 calories		

This writing assignment is worth 100 points and will count as a test grade (1<sup>st</sup> quarter) in the specialized physical fitness class. Here is the rubric for this assignment:

Information Charted for 3 Days	60 points
Participated in Physical Activity (all 3 days)	10 points
Recorded the Intake of Calories for 3 Days	10 points
Recorded the Expenditure of Calories for 3 Days	10 points
Application Question	10 points

Summer Writing Assignment

Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Day	Meals, Snacks, and Beverages	Caloric Intake per Item	Physical Activity	Cal/min/lb X weight X minutes = calories
Day #1				
Day #2				
Day #3				

Application Question (to be answered on the back of this page): Please write a paragraph explaining what you noticed about your dietary consumption, physical activities performed, and calories expended on a weekend versus a weekday. Did you eat more junk food on the weekend, play more, etc.?