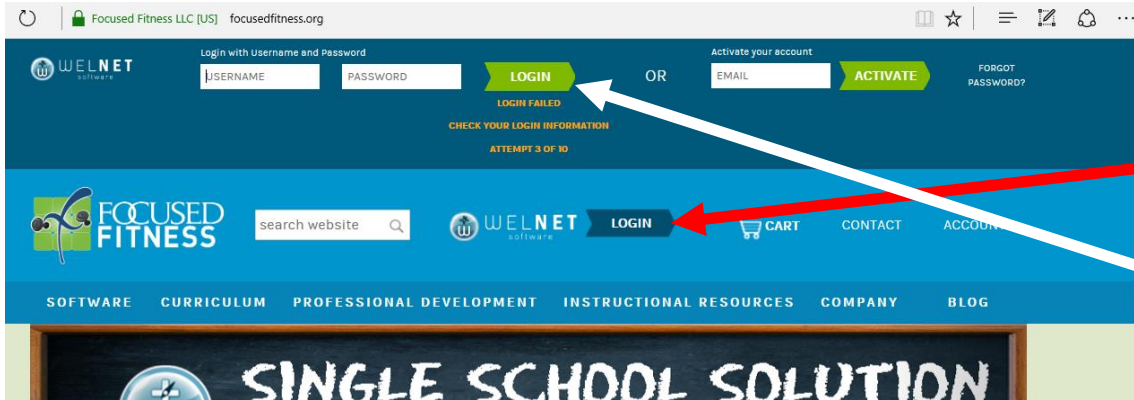
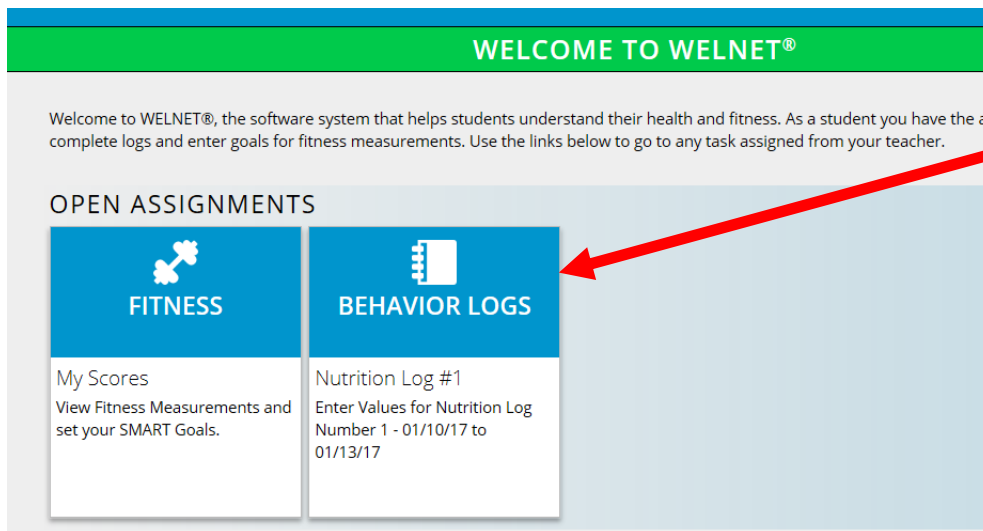


NUTRITION JOURNAL TUTORIAL

Learning Target: Record all foods and liquids consumed.

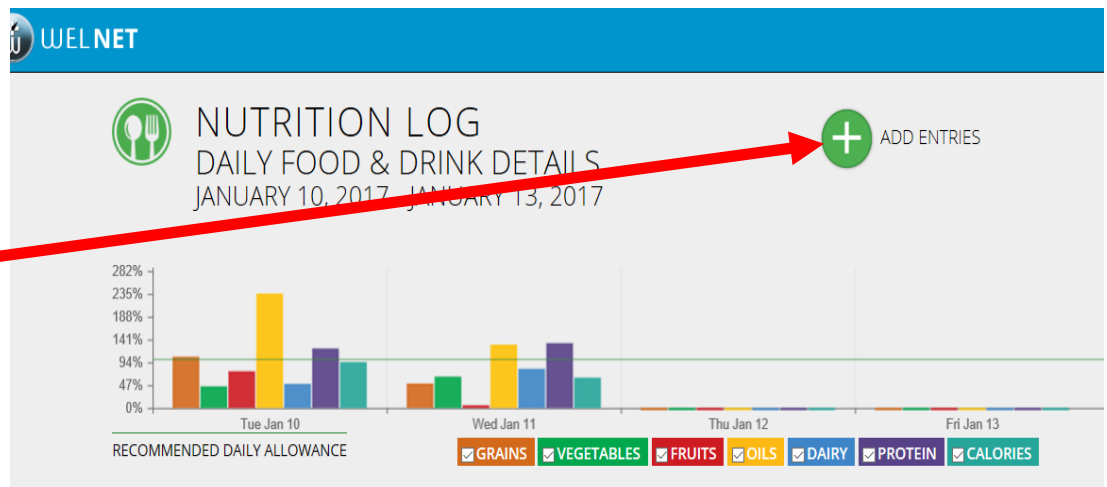


Step 1: Log onto www.focusedfitness.org
This screen will pop up.
A) Click LOGIN
B) This will open a second login. Log in just as you would on a school computer.



Step 2:
This is the next page that will come up and where you will click on BEHAVIOR LOGS

Step 3:
To enter the foods you eat, you will click on the green + sign



Step 4:

On this page select the day of the month, the foods you eat, the serving size, the quantity measured in cups or ounces and the time of day.

Step 5: SAVE entry.

You will have to repeat this for each item that you have entered.

Select the time of the meal to differentiate breakfast, lunch and dinner.

NUTRITION BY DAY
SUMMARY FOR THURSDAY JANUARY 12, 2017

DAILY TOTALS:

- Grains: 111%
- Vegetables: 41%
- Fruits: 113%
- Oils: 396%
- Dairy: 33%
- Protein: 57%
- Calories: 87%

DETAILS

Date	Time	Food	Serving Size	Amount	
1/12/2017					
	06 AM	Oatmeal with fruit, cooked	1 cup, cooked	1	✎ ✕
	07 AM	Apple-orange-pineapple juice drink	1 cup (8 fl oz)	1	✎ ✕
	07 AM	Water, bottled, unsweetened	1 bottle (12 fl oz)	1	✎ ✕
	12 PM	Wendy's Breaded Chicken Sandwich	1 sandwich	1	✎ ✕
	12 PM	Orange, raw	1 medium (2-5/8" dia)	1	✎ ✕
	12 PM	1% fat milk	1 school milk carton (1/2 pint)	1	✎ ✕
	06 PM	Burger King Hamburger	1 hamburger	1	✎ ✕
	06 PM	Sprite	1 can (12 fl oz)	1	✎ ✕

NOTE:

If you want to delete a food item you click on the red X, if you want to edit your food item b/c you put in the wrong time of day or amount you click on the pencil.

Step 6: Print this page after entering all foods and beverages. **Make sure to be on the last day that you entered food choices**, then place the cursor on the middle of the page and right click. Click on PRINT PAGE.