

TRACK YOUR TREATS!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm
12pm-4pm	12pm-4pm	12pm-4pm	12pm-4pm	12pm-4pm	12pm-4pm	12pm-4pm
4pm-8pm	4pm-8pm	4pm-8pm	4pm-8pm	4pm-8pm	4pm-8pm	4pm-8pm
8pm-12am	8pm-12am	8pm-12am	8pm-12am	8pm-12am	8pm-12am	8pm-12am



www.peak313.com



How to Use: Print off a copy every week. When you eat any candy, mark it down in the correct time slot. There's no use in lying---you're only cheating yourself! Be sure to carry this with you wherever you go because candy doesn't just live at your house!

Take Note: You might start seeing a pattern of when you crave candy and what type of candy you want. For example: You see that every day at 10am you are reaching for candy corn. And later at 3pm, you are eating something with chocolate and peanuts. Be prepared for those times by having something that will satisfy that same craving, yet is healthy. A huge key in weight loss is knowing how YOU work! Remember that resources like this will only benefit you *if* you USE IT!!!

YOUR CANDY REFERENCE GUIDE

Do you know what the candy you are eating is doing to your waistline?

I've created a reference for you so you can know the number of calories, fat, and sugar you are putting into your body. I've also included an activity that you would have to do to burn that candy off. *(The activity to burn the calories is based on a 150 pound woman.)* I am using the serving sizes on the back of the candy bags to make it a little easier for me!

Take 5
 2 Snack Size Bars:
 150 calories
 8 g fat
 14 g sugar

Dance the cha-cha for 24 minutes



CandyCorn
 21 pieces:
 150 calories
 0 g fat
 28 g sugar

Play tennis for 19 minutes



KitKat
 3 two-piece bars:
 210 calories
 11 g fat
 21 g sugar

Bike for 23 minutes



Reese's
 1 snack size piece:
 80 calories
 4.5 g fat
 8 g sugar

Sweep your house for 18 minutes



Skittles
 1 pack:
 60 calories
 .5 g fat
 11 g sugar

Rake your lawn for 18 minutes



Other Notables:

Snickers
 2 Fun Size Bars:
 160 calories
 8 g fat
 17 g sugar

Shovel Snow for 23 minutes

M&M's (peanut)
 2 Fun Size Packs:
 180 calories
 10 g fat
 18 g sugar

Jog for 23 minutes

Laffy Taffy
 4 bars:
 140 calories
 2 g fat
 19 g sugar

Swim laps for 16 minutes

Twix
 1 Fun Size Bar:
 80 calories
 4g fat
 8g sugar

Walk your dog for 20 minutes

Remember, this is just a resource. You don't need to print this 2nd page off every week. I just want to jog your mind and make you think a little bit!

Take control of your eating now! We are entering "seasons eatings" and you know as well as I do that it doesn't get any easier. Small steps do make a big difference!!!

♥ Clare