

Fitness and Health Worksheet

Go to the PHYS.com website <http://www.phys.com/> to answer these questions about your fitness and health.

1. According to this site, what is your **Ideal Weight**? _____
2. What is your **Body Fat Percentage**? _____
3. What is your **Body Mass**? _____
4. According to this site, how many **Calories** should you limit yourself to? _____
5. Calculate your **Fat Needs**:
 - Maximum of _____ calories worth of fat per day.
 - No more than _____ grams of fat total.
 - No more than _____ grams in the form of saturated fat.

6. **Eating Right** Article http://www.phys.com/b_nutrition/02solutions/01home/solutions.htm
 Choose an article, read and summarize it:

7. Planning Meals

Use the various Internet sites to plan 3 healthy meals you would enjoy eating. Be sure to follow the dietary guidelines and stay within your calorie and fat allotments.

	Food Item	Calories	Fat Grams	Calories from Fat
Breakfast				

