Foodlist Record Input Form

Name_____ **Age**_____

Gender ( ) Male **( )** Female **( )** Female - Pregnant **( )** Female - Nursing

Weight_____ **Height**_____ **Activity Level**_____

Sedentary - Light activities without additional exercise. This level includes sitting quietly, riding in a car, walking from the house to the car or bus, household tasks, light yard work. Sedentary activity level = basal energy expenditure + thermic effect of food + sedentary activities

Low Active - Sedentary activities plus 1-1.5 hours per day of additional activity, such as walking 2 mph, playing a musical instrument, leisure canoeing, ballroom dancing, golf (with cart), horseback riding (walking), playing pool. The additional activities reflect an intensity of 1.8-2.9 Mets*.

Active - Sedentary activities plus 1-2 hours per day of additional activity, such as calisthenics (no weight), cycling (leisurely), golf (without cart), swimming (slow), walking 3-4 mph. The additional activities reflect an intensity of 3.0-4.8 Mets*.

Very Active - Sedentary activities plus 1-2 hours per day of additional activity such as chopping wood, climbing hills, cycling, aerobic dancing, rope skipping, skating, skiing, squash, surfing, swimming, tennis, running 5 mph (12 minute mile) The additional activities reflect an intensity of 4.9 Mets* and above.

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