**Calorie Balance**

To maintain weight, you should eat as many calories as you burn. To lose weight you need to eat less than you burn; a 500 calorie difference is recommended. To gain weight you need to eat more than you burn.

**Step 1.** Log into the MyPyramid Tracker Web site: <http://www.mypyramidtracker.gov/>.

**Step 2.** Click “Assess Your Food Intake.” Enter everything you have eaten and plan to eat today.

**Step 3.** Click “Select Quantity” and enter quantity.

**Step 4.** Click “Save & Analyze.”

**Step 5.** Click the “Physical Activity Information” icon (blue icon at the top).

**Step 6.** Enter all of the activities you have done or plan to do today.

**Step 7.** Click “Save & Analyze.”

**Step 8.** Click “Energy Balance” icon (blue icon at the top).

**Step 9.**  Click “Calculate your Energy Balance.”

**Step 10.**  Print the report.

**Step 11.** Answer the following questions.

1. Was your energy balanced today (i.e., did you eat and burn roughly the same amount of calories)?
2. If you ate like this every day, what do you think would happen to your weight?
3. To reach your weight goals (lose, gain, or maintain weight) what do you think you should change? (Or are your eating and exercise habits moving you closer to your goal?)
4. What small changes will you make tomorrow to help you move closer to your goal?