

**LINDENWOOD UNIVERSITY
EXERCISE AND PERFORMANCE NUTRITION LABORATORY**

Name/Subject ID: _____

Day 1 2 3 4

Weight (lbs): _____

Study Participants: Only complete the two most left columns. For those areas when you were sleeping, simply shade those areas in to designate them as sleeping.

	Activity Description	Duration	METs	Kcal/kg/hr	Kcal/min	= Total kcal
Example	Running @ 6.0 mph	40 minutes				
6:00 – 6:30am						
6:30 – 7:00am						
7:00 – 7:30am						
7:30 – 8:00am						
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