PHED 1164 · INTRO TO PHYSICAL FITNESS AND WELLNESS

# Nutrition

## Written Assignment

*Track what you eat for three days, compare your intake to your own DRI targets, and turn the data into a plan you can act on.*

| 3 DAYS | 500+ WORDS | 100 PTS |
|---|---|---|
| of food and beverage logs | of APA-style analysis | plus 10 extra credit |

### PURPOSE

Observe and analyze the role that daily nutrition plays in your health.

### In a Nutshell

1. Log all food and beverages in the Google Health app for three consecutive days.
2. Generate your charts from eFit and your daily targets from the USDA DRI Calculator.
3. Compare your average day to your targets.
4. Write 500 words in five short sections, using the template at the end of this document.
5. Optional: earn 10 bonus points by testing an AI meal plan.

*Log for three days, then write 500 words. Everything else in this document is support material, including a template for you to follow.*

PART ONE

# How It Works

**01** Record all food and beverages you consume for three consecutive calendar days, with the first day beginning when you wake up and the third day ending when you go to bed. Log the details of everything you eat. For example: one whole wheat pita, ¾ cup lettuce, one tablespoon mayo, 3 oz. sliced turkey, ½ oz. mild cheddar cheese, ¼ small tomato, and ¼ small pickle.

**02** Enter all consumed food and beverages into the Google Health phone app. This enables you to generate your nutrition charts at efit.health/dashboard/nutrition.php. Once you save the downloaded nutrition charts file as an image, you'll add it to your written paper. The Google Health app is required, even if you track with a different app day to day. It's only for three days!

**03** Visit the USDA DRI Calculator (nal.usda.gov/human-nutrition-and-food-safety/dri-calculator) and enter your height, weight, age, and activity level to get your own nutrient targets.

**04** Compare your results to your DRI targets and describe what changes would help you meet your nutrient needs.

**05** Submit a 500-word written analysis of what you learned. Your paper will follow APA guidelines.

### WHICH TOOL DOES WHAT

| Tool | What It Does | What You Submit |
|---|---|---|
| Google Health | You enter your foods and beverages for the three days | Nothing |
| Downloaded image of the eFit Nutrition Report | Turns your Google Health data into your 3-day report | Insert the full report in your paper |
| USDA DRI Calculator | Gives you your own daily nutrient targets | Use the targets in your comparison |
| Microsoft Copilot (extra credit only) | Drafts the first meal plan at copilot.microsoft.com | Prompt, plan, revisions, and reflection |

## AI Statement

**You may only use AI for the optional extra credit section of this paper. If you use AI to write any main part of your paper, you risk disciplinary action for academic integrity violations.**

In many cases, knowing how to use AI properly is key for your future workforce success. However, strong critical thinking and brain development will always remain essential. In terms of growth, your brain acts like a muscle. Use it or lose it! Outsourcing all your thinking to AI stops your learning and weakens your skills. Build your mind by doing the work yourself. Your future self will thank you!

PART TWO

# Required Sections of Your Paper

*Each section below must appear in your paper, with the heading shown. AI usage is not allowed in these sections. View the AI Statement above.*

## Nutritional Write-Up and Initial Thoughts

Explain how you collected the data for this paper. What are your first thoughts on your nutrition before this assignment? Do you think you make healthy or unhealthy food choices? Hypothesize why you eat the way you do.

## Personal Consumption Analysis

Analyze your 3-day logs and discuss how your food choices impacted you. Was there anything surprising about the outcome of the 3-day logs? Did you exceed your caloric intake on any of the days? Did anything specific play a role in your diet choices? Are there any habits that you noticed within the 3-day logs? Do you see any benefits to logging your nutrition?

## Comparison to DRI Recommendations

Use the USDA DRI Calculator (https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator) to generate your own daily nutrient targets based on your height, weight, age, and activity level. Open your eFit Nutrition Charts (eFit->Nutrition Assignment->Nutrition Charts) and divide your 3-day totals by three to get your average day. Compare your average daily intake to your daily DRI targets. State which values fall below, within, or above your targets.

## Your Nutrition Plan

Based on your comparison, pick one real change to improve your nutrition. State what you will change, how often you will do it, and how it fits your budget, schedule, and food access.

## What I Learned and Concluding Remarks

Share the biggest lessons you learned about your food choices and your health, and use your closing remarks to tie the whole paper together.

GRADING

# Rubric · 100 Points

| POINTS | CRITERIA |
|---|---|
| **YOUR ANALYSIS · 70 PTS** | |
| 5 | Nutritional Write-Up and Initial Thoughts |
| 20 | Personal Consumption Analysis |
| 20 | Comparison to DRI Recommendations |
| 20 | Your Nutrition Plan |
| 5 | What I Learned and Concluding Remarks |
| **REPORT AND PRESENTATION · 30 PTS** | |
| 10 | Complete eFit Nutrition Report image inserted in your paper |
| 10 | Organization, grammar, and APA 7 format |
| 5 | 500-word minimum |
| 5 | Cover page, References page, one document saved as your First and Last Name (e.g., John Doe) |
| **OPTIONAL EXTRA CREDIT** | |
| +10 | **AI Meal Plan: Build, Review, Revise, Reflect · see the extra credit pages at the end of this document** |

RESOURCES

**APA Style Guidelines** · apastyle.apa.org/style-grammar-guidelines/references/examples

**eFit Nutrition Charts** · efit.health/dashboard/nutrition.php

**USDA DRI Calculator** · nal.usda.gov/human-nutrition-and-food-safety/dri-calculator

**Microsoft Copilot** · copilot.microsoft.com (for the optional extra credit)

APPENDIX

# Sample Paper Template

*Use the next pages as a starting layout for your submission.*

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*Replace each placeholder (such as YOUR NAME HERE, Professor Name Here, and Date Here) with your own info. Keep the section headings as shown.*

*This template follows APA 7 student paper format. Type your own text in regular, non-italic black font.*

# Nutrition Written Assignment

YOUR NAME HERE

Department of Kinesiology, Lone Star College

PHED 1164 - #### (4 digit section number here)

Professor Name Here

Date Here

## Nutritional Write-Up and Initial Thoughts

*[Begin your introduction here. Explain how you collected your data and how long you tracked. Share your first thoughts on your nutrition before this assignment, whether you believe your food choices were healthy or unhealthy, and your hypothesis for why.]*

## Personal Consumption Analysis

*[Analyze your 3-day logs and discuss how your food choices impacted you. Identify the most surprising outcome, whether you exceeded your caloric intake on any day, what played a role in your diet choices, and the habits you noticed. Discuss the benefits of logging your nutrition.]*

## Comparison to DRI Recommendations

*[Present your numbers. Compare your average daily intake to your daily DRI targets and state which values fall below, within, or above your targets.]*

## Your Nutrition Plan

*[Based on your comparison, present one real change to improve your nutrition. State what you will change, how often, and how it fits your budget, schedule, and food access.]*

## What I Learned and Concluding Remarks

*[Share the biggest lessons you learned about your food choices and your health, and use your closing remarks to tie the whole paper together.]*

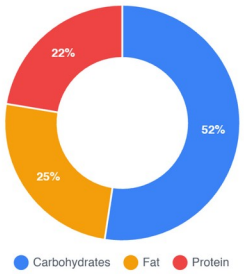
# Three Day Log, Charts and Graphs

## Nutrition Written Assignment Report

| STUDENT | USERNAME | COURSE | SECTION | FACULTY | TRACKING DATES |
|---|---|---|---|---|---|
| Tim Mousel | mousel | PHED 1164 | test1 | Tim Mousel | August 1st, 2026 – August 3rd, 2026 |

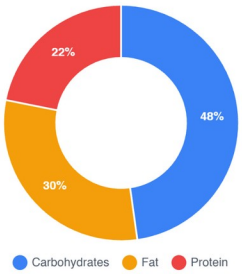
**Day 1 - August 1st, 2026**

**Nutritional Consumption - August 1st, 2026**



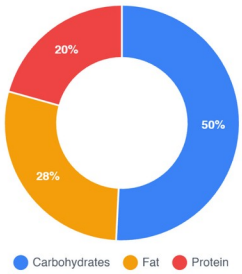

**Day 2 - August 2nd, 2026**

**Nutritional Consumption - August 2nd, 2026**




**Day 3 - August 3rd, 2026**

**Nutritional Consumption - August 3rd, 2026**




| 6,646 TOTAL CALORIES | 833.0g CARBOHYDRATES | 359.0g PROTEIN | 206.4g FAT | 124.0g FIBER | 6,236mg SODIUM |
|---|---|---|---|---|---|

**Food Log Details**

**2026-08-01**

| Food | Cal | Carb | Fat | Prot |
|---|---|---|---|---|
| Oatmeal, Cooked | 159 | 27.0 | 3.0 | 6.0 |
| Banana, Medium | 112 | 27.0 | 0.0 | 1.0 |
| Honey | 68 | 17.0 | 0.0 | 0.0 |
| Skim Milk | 80 | 12.0 | 0.0 | 8.0 |
| Coffee with Cream | 35 | 1.0 | 3.0 | 1.0 |
| Whole Wheat Bread | 146 | 24.0 | 2.0 | 8.0 |
| Deli Turkey Breast | 98 | 2.0 | 2.0 | 18.0 |
| Provolone Cheese | 95 | 1.0 | 7.0 | 7.0 |
| Mayonnaise | 90 | 0.0 | 10.0 | 0.0 |
| Lettuce and Tomato | 16 | 3.0 | 0.0 | 1.0 |
| Baby Carrots | 52 | 12.0 | 0.0 | 1.0 |
| Apple, Medium | 100 | 25.0 | 0.0 | 0.0 |
| Greek Yogurt, Low Fat | 131 | 9.0 | 3.0 | 17.0 |
| Strawberries | 52 | 12.0 | 0.0 | 1.0 |
| Granola | 112 | 16.0 | 4.0 | 3.0 |
| Grilled Chicken Breast | 176 | 0.0 | 4.0 | 35.0 |
| Brown Rice, Cooked | 218 | 45.0 | 2.0 | 5.0 |
| Steamed Broccoli | 60 | 11.0 | 0.0 | 4.0 |
| Olive Oil | 126 | 0.0 | 14.0 | 0.0 |
| Whole Grain Dinner Roll | 114 | 20.0 | 2.0 | 4.0 |
| Popcorn, Air-Popped | 97 | 19.0 | 1.0 | 3.0 |
| Dark Chocolate | 77 | 7.0 | 5.0 | 1.0 |

**2026-08-02**

| Food | Cal | Carb | Fat | Prot |
|---|---|---|---|---|
| Scrambled Eggs | 155 | 1.0 | 11.0 | 13.0 |
| Whole Wheat Toast | 146 | 24.0 | 2.0 | 8.0 |
| Butter | 36 | 0.0 | 4.0 | 0.0 |
| Orange Juice | 112 | 26.0 | 0.0 | 2.0 |
| Coffee, Black | 0 | 0.0 | 0.0 | 0.0 |
| Brown Rice, Cooked | 218 | 45.0 | 2.0 | 5.0 |
| Black Beans | 112 | 20.0 | 0.0 | 8.0 |
| Grilled Chicken Breast | 131 | 0.0 | 3.0 | 26.0 |
| Salsa | 20 | 4.0 | 0.0 | 1.0 |
| Shredded Cheddar Cheese | 113 | 1.0 | 9.0 | 7.0 |
| Avocado | 83 | 4.0 | 7.0 | 1.0 |
| Tortilla Chips | 143 | 18.0 | 7.0 | 2.0 |
| Apple, Medium | 100 | 25.0 | 0.0 | 0.0 |
| Peanut Butter | 100 | 3.0 | 8.0 | 4.0 |
| Spaghetti, Cooked | 237 | 49.0 | 1.0 | 8.0 |
| Marinara Sauce | 66 | 10.0 | 2.0 | 2.0 |
| Lean Ground Turkey | 160 | 0.0 | 8.0 | 22.0 |
| Parmesan Cheese | 43 | 0.0 | 3.0 | 4.0 |
| Garden Salad | 32 | 6.0 | 0.0 | 2.0 |
| Italian Dressing | 75 | 3.0 | 7.0 | 0.0 |
| Skim Milk | 80 | 12.0 | 0.0 | 8.0 |
| Graham Crackers | 123 | 22.0 | 3.0 | 2.0 |

**2026-08-03**

| Food | Cal | Carb | Fat | Prot |
|---|---|---|---|---|
| Oatmeal | 367 | 56.0 | 7.4 | 14.0 |
| Blueberries | 48 | 11.0 | 0.0 | 1.0 |
| Coffee with Cream | 35 | 1.0 | 3.0 | 1.0 |
| Whole Wheat Bread | 146 | 24.0 | 2.0 | 8.0 |
| Tuna, Canned in Water | 89 | 0.0 | 1.0 | 20.0 |
| Mayonnaise | 90 | 0.0 | 10.0 | 0.0 |
| Celery, Chopped | 4 | 1.0 | 0.0 | 0.0 |
| Baby Carrots | 52 | 12.0 | 0.0 | 1.0 |
| Pretzels | 113 | 23.0 | 1.0 | 3.0 |
| Orange, Medium | 64 | 15.0 | 0.0 | 1.0 |
| Almonds | 174 | 6.0 | 14.0 | 6.0 |
| Banana, Medium | 112 | 27.0 | 0.0 | 1.0 |
| Baked Salmon | 271 | 0.0 | 15.0 | 34.0 |
| Quinoa, Cooked | 224 | 39.0 | 4.0 | 8.0 |
| Roasted Asparagus | 40 | 7.0 | 0.0 | 3.0 |
| Olive Oil | 45 | 0.0 | 5.0 | 0.0 |
| Whole Wheat Roll | 114 | 20.0 | 2.0 | 4.0 |
| Frozen Yogurt | 131 | 22.0 | 3.0 | 4.0 |
| Strawberries | 28 | 6.0 | 0.0 | 1.0 |

Report generated by Mousel on August 5, 2026

*[ Insert your own eFit Nutrition Report in place of the sample above ]*

## References

U.S. Department of Agriculture, National Agricultural Library. (n.d.). DRI calculator for healthcare professionals. https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator

*View proper APA reference formatting at apastyle.apa.org/style-grammar-guidelines/references/examples*

OPTIONAL · WORTH 10 BONUS POINTS

# Extra Credit

## AI Meal Plan

*Everything before this page is the required assignment. Everything from here on is optional bonus work.*

*If you complete it, add the extra credit section to the end of your paper, after your References page.*

OPTIONAL · +10 POINTS

# AI Meal Plan: Build, Review, Revise, Reflect

Have Microsoft Copilot (https://copilot.microsoft.com) draft a meal plan from your data. Your grade comes from how well you test it and make it yours.

**01** Build. On the eFit Nutrition Charts page (eFit->Nutrition Assignment->Nutrition Charts), there is a link to download your data that you will upload to Copilot using the prompt below. The button is labeled, "Download Data for AI (TXT)".

**02** Review. Is it a good plan for you? Is it something you will be able to follow?

**03** Revise. Change at least one item. For each, explain why your version works better for you.

**04** Reflect. Would you follow your revised plan? Do you trust the accuracy of this AI tool with your nutrition?

### YOUR COPILOT PROMPT · COPY, FILL IN, PASTE

> *"In the role of an award winning nutrition expert with 20 years of experience. I am a college student in a 1-credit fitness and wellness course. My personal DRI targets: [paste your results from the USDA DRI Calculator]. My three-day food log and macronutrient data for nutrition analysis is shared in the uploaded text file. Build a one-week meal plan that closes the gaps between my intake and my targets. Use simple, low-cost meals with common grocery items. For each day, list breakfast, lunch, dinner, and one snack, with estimated calories, carbs, protein, fat, and cost per meal. End with a short note on which of my gaps the plan closes and how."*

*Privacy and health note: share only your numbers with Copilot. Do not enter your name, student ID, or any health details. This exercise is for class and does not replace medical advice. Do not follow any plan that conflicts with your health needs or your doctor's guidance.*

### WHAT YOU TURN IN

Give your extra credit section these four headings, in this order. Each one matches a scored row in the rubric.

1. **My Review** · a short paragraph checking the plan against your budget, schedule, cooking skills, and food access
2. **My Revision** · a table with three rows: Copilot's item, your change, your reason
3. **My Reflection** · would you follow it, and do you trust its accuracy
4. **Copilot's Meal Plan** · copy and paste Copilot's full output here, at the very end

GRADING · EXTRA CREDIT

# AI Meal Plan Rubric

| DEVELOPING | STRONG | EVIDENCE YOU SUBMIT |
|---|---|---|
| You submit the AI plan with few or no changes. Your evaluation names one or two issues with little depth. Revisions are small, or you give no clear reason for them. | You test the plan against your DRI gaps, budget, schedule, cooking skills, and food access. You name what the AI assumed and got wrong. You revise at least one item and tie the reason to your own data or your real life. | Your extra credit section with the four required headings: My Review, My Revision, My Reflection, and Copilot's Meal Plan at the end. |

| HOW THE +10 BREAKS DOWN | |
|---|---|
| 3 | My Review · the plan checked against your budget, schedule, cooking skills, and food access |
| 3 | Copilot's Meal Plan · the full output copied and pasted at the end of your section |
| 2 | My Revision · at least one change in the table, with your own reason tied to your data or your life |
| 2 | My Reflection · whether you would follow the plan and whether you trust its accuracy |

## Optional Extra Credit: AI Meal Plan

*Example layout guide: use these headings in your own paper and replace each placeholder with your work.*

### My Review

*[In a short paragraph, state whether the plan meets your nutrient targets and how it fits your budget, schedule, cooking skills, and food access. What change would you make from Copilot's output?]*

### My Revision

| Copilot's Item | My Change | My Reason |
|---|---|---|
| *Day 2 snack: tortilla chips* | *Baby carrots with hummus* | *Adds fiber my log lacks and cuts my sodium* |
| *[item from the plan]* | *[what you changed it to]* | *[why your version works for you]* |
| *[item from the plan]* | *[what you changed it to]* | *[why your version works for you]* |

### My Reflection

*[State whether you would follow your revised plan and whether you trust the accuracy of Copilot with your nutrition.]*

### Copilot's Meal Plan

*[Copy and paste Copilot's full meal plan output here, at the end of your section.]*