

“Connecting to Wellness” Cheat Sheet

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

INSTRUCTIONS ON HOW TO FILL OUT CONNECTIONG TO WELLNESS CHILD MEAL TRACKING SHEET

1. FIND OUT YOUR CHILD’S IDEAL WEIGHT. GO TO WEBSITE: Baylor College of Medicine Children Nutritional Center: BMI PERCENTILE CALCULATOR FOR CHILDREN AND TEENS. <https://www.bcm.edu/cnrc-apps/bodycomp/bmiz2.html>

Put in your child’s information. Press calculate.

2. BELOW WILL BE THE IDEAL WEIGHT RANGE. PICK A WEIGHT IN THE IDEAL WEIGHT RANGE.

3. NEXT CHOOSE THE Healthy Eating Calculator. <https://www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.cfm>

Put in information using above ideal weight from above.

BELOW WILL BE THE RESULTS IN A PIE CHART DISPLAYING CALORIES AND APPROPRIATE SERVINGS FOR YOUR CHILD. PRINT OUT CHART AND TRACK YOUR CHILD’S FOOD INTAKE DAILY. REMEMBER TO RE-CALUCATE YOUR CHILD’S NEEDS ON A REGULAR BASIS AS YOUR CHILD GROWS. MONITOR THEIR WEIGHT AND HEIGHT REGULARLY.

OPTIONAL:

4. GET MACRO NUTRIENT RATIOS. Go to http://www.freedieting.com/tools/nutrient_calculator.htm

5. YOU WILL BE IN THE: CALORIE CALCULATOR– MACRO NUTRIENTS. CARB, PROTEIN, FAT CALCULATOR. -Put in your child’s calories from pie chart above. - Choose a meal ratio % from different diets or Manually adjust to fit your goals. (Moderate II and Zone Diet are great place to start). -Choose Meals Per Day

6. PRESS CALCULATE. BELOW ARE THE RESULTS OF YOUR GRAMS FOR CARBOHYDRATES, PROTEIN, AND FATS PER MEAL.

PRINT OUT TO TRACK YOUR CHILD’S MEALS. TRANSFER RESULTS TO: CONNECTIONG TO WELLNES CHILD MEAL TRACKING SHEET. USE THE MEAL RATIO TRACKING SHEET (EXCEL) TO TRACK YOUR RESULTS ON A DAILY BASIS.