**CALORIE GUIDE FOR FOODS – USE THE FOLLOWING WEBSITES (AND OTHERS) TO FIND THE NUMBER OF CALORIES IN YOUR FOODS**

[**http://www.calorieking.com/foods/**](http://www.calorieking.com/foods/)

[**http://www.my-calorie-counter.com/calories-in.asp**](http://www.my-calorie-counter.com/calories-in.asp)

[**http://www.thecaloriecounter.com/**](http://www.thecaloriecounter.com/)

[**http://www.webmd.com/diet/healthtool-food-calorie-counter**](http://www.webmd.com/diet/healthtool-food-calorie-counter)

**CALORIE BURNING GUIDES – USE THE FOLLOWING WEBSITES (AND OTHERS) TO FIND THE NUMBER OF CALORIES YOU HAVE BURNED BY THE VARIOUS ACTIVITIES**

[**http://www.healthstatus.com/calculate/cbc**](http://www.healthstatus.com/calculate/cbc)

[**http://www.my-calorie-counter.com/Activity\_Calorie\_Calculator.asp**](http://www.my-calorie-counter.com/Activity_Calorie_Calculator.asp)

[**http://www.myfitnesspal.com/exercise/lookup**](http://www.myfitnesspal.com/exercise/lookup)