

## breakfast

You're walking down the hall at work and you smell muffins. Which kind do you eat?

- a. blueberry  
**470 calories**
- b. bran  
**480 calories**
- c. chocolate chip  
**630 calories**

## breakfast

On your way to get coffee first thing in the morning, you see that some generous soul brought in Bagels. Which kind do you choose?

- a. plain  
**320 calories**
- b. onion  
**320 calories**
- c. cinnamon raisin  
**330 calories**

## breakfast

The alarm didn't go off and you are making a mad dash for the office. What do you grab?

- a. package of cherry poptarts  
**400 calories**
- b. package of granola bars  
**180 calories**
- c. whole wheat bagel  
**330 calories**

## breakfast

On the way to work, your stomach is growling so you pull into the nearest McDonald's. What do you order?

- a. egg McMuffin  
**300 calories**
- b. ham, egg and cheese bagel  
**550 calories**
- c. sausage McGriddle  
**420 calories**

## breakfast

You actually have time to make a decent breakfast this morning. What do you make?

- a. omelet  
**308 calories**
- b. pancakes  
**400 calories**
- c. French toast  
**482 calories**

## breakfast

You've missed your alarm, and you're late for work! What do you grab?

- a. strawberry poptart  
**210 calories**
- b. lemon yogurt  
**150 calories**
- c. energy bar  
**300 calories**

## breakfast

You're getting breakfast for yourself and the family before heading to the office. What do you eat?

- a. Eggo waffles  
**180 calories**
- b. microwavable pancakes  
**182 calories**
- c. cinnamon rolls  
**300 calories**

## breakfast

You need a big meal to get you through the day. You stop at McDonald's. What do you order?

- a. Egg McMuffin with O.J.  
**443 calories**
- b. Sausage McMuffin with O.J.  
**513 calories**
- c. Big Breakfast with black coffee  
**720 calories**

## breakfast

You're feeling like a Starbuck's jolt to get you going. What do you order?

- a. venti Caffe Mocha, no whip  
**340 calories**
- b. venti Caramel Macchiato  
**300 calories**
- c. venti Raspberry Mocha, no whip  
**380 calories**

## breakfast

You are to hit up the gym before work and you feel like a protein bar. What do you eat?

- a. Chocolate PowerBar  
**230 calories**
- b. Chocolate Crisp BALANCE bar  
**280 calories**
- c. Chocolate Chip Cookie Dough Met-Rx Food Bar  
**360 calories**

caloric consequences

**breakfast**

caloric consequences

**breakfast**

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caloric consequences

**breakfast**

## breakfast

You pass a donut shop on the way to the office. What do you get?

- a. apple fritter  
**300 calories**
- b. glazed donut  
**180 calories**
- c. bran muffin  
**480 calories**

## breakfast

You have five minutes to make breakfast before your carpool arrives. What do you grab?

- a. pop tart  
**210 calories**
- b. frozen waffle  
**180 calories**
- c. frozen biscuit with sausage  
**390 calories**

## breakfast

The carpool decides as a group to go to the drive-thru McDonald's. What do you order?

- a. egg McMuffin  
**300 calories**
- b. pancakes  
**350 calories**
- c. yogurt and granola cup  
**160 calories**

## breakfast

Just before you walk in the door to the office, you smell a taco truck. What do you get?

- a. breakfast burrito with bacon and potato  
**320 calories**
- b. chile relleno  
**396 calories**
- c. two pork tamales  
**540 calories**

## breakfast

Someone has thoughtfully brought pastries to the office. What do you eat?

- a. cheese Danish  
**266 calories**
- b. croissant  
**300 calories**
- c. bear claw  
**460 calories**

## coffee break

A co-worker drops by your office and they are headed for Starbucks. What do you ask for?

- a. frappuccino  
**260 calories**
- b. chai tea  
**256 calories**
- c. mocha latte  
**230 calories**

## coffee break

Its 9:30 am and someone has left doughnuts in the lunch room. Which one do you eat?

- a. maple bar  
**460 calories**
- b. glazed donut  
**230 calories**
- c. frosting with sprinkles  
**260 calories**

## coffee break

You need a little energy boost to get through the morning. What do you drink?

- a. orange juice  
**102 calories**
- b. coffee with creamer  
**37 calories**
- c. Coke  
**97 calories**

## coffee break

Someone has left treats in the break room. What do you choose?

- a. cinnamon roll  
**813 calories**
- b. glazed doughnut  
**230 calories**
- c. coffee cake  
**178 calories**

## coffee break

The company brought in breakfast for the visiting clients and there are leftovers. What do you pick?

- a. cereal  
**200 calories**
- b. whole wheat bagel  
**330 calories**
- c. blueberry muffin  
**470 calories**

caloric consequences  
**coffee break**

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caloric consequences  
**breakfast**

## coffee break

You don't have time to leave your desk. You rummage through your top drawer of treats. What do you pick?

- a. Snickers  
**280 calories**
- b. PayDay  
**240 calories**
- c. Butterfinger  
**270 calories**

## coffee break

In the lounge, you notice that the goodie basket is full of new items. What do you choose?

- a. bag of Doritos  
**260 calories**
- b. bag of Fritos  
**160 calories**
- c. bag of Sun Chips  
**210 calories**

## coffee break

Your manager buys Starbucks for your department. What do you choose?

- a. grande Pumpkin Spice Latte  
**400 calories**
- b. grande Peppermint Latte  
**250 calories**
- c. White Chocolate Mocha  
**470 calories**

## coffee break

The new vending machine looks awfully inviting. What do you get?

- a. granola bar  
**100 calories**
- b. Nutrigrain Bar  
**120 calories**
- c. Tiger's Milk Bar  
**140 calories**

## coffee break

Your manager is going to Jamba Juice. What do you ask for?

- a. large strawberry smoothie  
**356 calories**
- b. large mango smoothie  
**470 calories**
- c. large raspberry tea smoothie  
**440 calories**

## coffee break

The guy in the cubicle next door asks what you want from Starbuck's. What do you ask for?

- a. tall mocha  
**290 calories**
- b. venti soy latte with almond syrup  
**240 calories**
- c. tall coffee with cream and sugar  
**460 calories**

## coffee break

You walk outside for some fresh air and see an espresso stand. What do you drink?

- a. hot chocolate  
**290 calories**
- b. chai latte  
**128 calories**
- c. hot apple cider  
**116 calories**

## coffee break

The lady from human resources brings two-dozen bagels to the break room. What do you eat?

- a. bagel with cream cheese  
**450 calories**
- b. bagel with butter  
**505 calories**
- c. bagel with strawberry jam  
**122 calories**

## coffee break

You feel like another cup of coffee. You go to the break room. What do you drink?

- a. coffee with whitener and sugar  
**70 calories**
- b. coffee with half and half and sugar  
**140 calories**
- c. coffee with non-dairy creamer  
**40 calories**

## coffee break

Someone mentions the new juice bar that just opened up. Juice sounds good. What do you get?

- a. carrot juice  
**50 calories**
- b. pineapple mango juice  
**150 calories**
- c. orange juice with a shot of wheat grass  
**107 calories**

caloric consequences  
**coffee break**

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## **lunch**

The company has brought in lunch from your favorite Greek restaurant. What do you choose?

- a. gyro pita sandwich  
**380 calories**
- b. rice  
**275 calories**
- c. chicken kabob plate  
**351 calories**

## **lunch**

The boss has sprung for Pizza to eat during the monthly meeting. What do you eat?

- a. meat lover's  
**490 calories**
- b. pepperoni  
**400 calories**
- c. vegetarian  
**310 calories**

## **lunch**

The secretary is retiring, and everyone goes to lunch. What do you order?

- a. shrimp fried rice  
**1,170 calories**
- b. chicken pad thai noodles  
**560 calories**
- c. garlic noodles  
**610 calories**

## **lunch**

There's a baby shower in the break room. What do you eat?

- a. potato salad  
**358 calories**
- b. pasta salad  
**460 calories**
- c. cheese ravioli  
**317 calories**

## **lunch**

Your manager is treating the whole department to Mexican food. What do you get?

- a. beef taco  
**200 calories**
- b. chicken taco  
**270 calories**
- c. fish taco  
**300 calories**

## **lunch**

You feel like some soup. What do you heat up?

- a. Top-Ramen  
**190 calories**
- b. Clam Chowder  
**134 calories**
- c. Spaghettios  
**180 calories**

## **lunch**

Your boss tells you he's buying Subway sandwiches for everyone. What do you ask for?

- a. ham  
**290 calories**
- b. oven roasted chicken breast  
**310 calories**
- c. Subway club  
**320 calories**

## **lunch**

You had time to pack your lunch today. What do you pack?

- a. pb & j sandwich, banana, Pepsi  
**592 calories**
- b. ham and cheese, apple sauce, Mountain Dew  
**520 calories**
- c. bologna, apple, Lipton's Iced Tea  
**783 calories**

## **lunch**

The lunch truck arrives today. What do you get?

- a. personal-size pepperoni pizza.  
**640 calories**
- b. carne asada burrito  
**680 calories**
- c. corndog  
**250 calories**

## **lunch**

Your best friend at work takes you out to lunch for your birthday. What do you pick?

- a. Ravioli  
**300 calories**
- b. shrimp scampi  
**830 calories**
- c. lasagna with meat sauce  
**400 calories**

**caloric consequences**

**lunch**

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**lunch**

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<p>There's a hot dog cart on the corner. What do you eat?</p> <p>a. hot dog with mustard, ketchup, and sauerkraut <b>410 calories</b></p> <p>b. veggie dog with mustard, ketchup, and sauerkraut <b>233 calories</b></p> <p>c. potato knish <b>130 calories</b></p>	<p>There's a falafel cart down the street. What do you order?</p> <p>a. falafel sandwich with tahini dressing <b>343 calories</b></p> <p>b. a bowl of avgolemono <b>100 calories</b></p> <p>c. gyro sandwich <b>380 calories</b></p>	<p>You smell the taco truck again. What do you eat?</p> <p>a. bean and cheese burrito <b>820 calories</b></p> <p>b. two tacos with carne asada <b>260 calories</b></p> <p>c. three deep-fried taquitos <b>1,909 calories</b></p>	<p>The boss invites you to a "power lunch." What do you order?</p> <p>a. steak frites <b>1,242 calories</b></p> <p>b. Caesar salad with grilled chicken breast <b>530 calories</b></p> <p>c. shrimp Louie <b>680 calories</b></p>	<p>You don't have time to leave your desk. The guy in IT is off to McDonald's. What do you ask for?</p> <p>a. Quarter Pounder with cheese, large fries <b>1,080 calories</b></p> <p>b. Filet o' Fish, large fries <b>950 calories</b></p> <p>c. McRib sandwich, large fries <b>1,060 calories</b></p>
<p style="text-align: center;"><b>snack</b></p>	<p style="text-align: center;"><b>snack</b></p>	<p style="text-align: center;"><b>snack</b></p>	<p style="text-align: center;"><b>snack</b></p>	<p style="text-align: center;"><b>snack</b></p>
<p>The vice president is turning 50 and there is a big celebration. What do you eat?</p> <p>a. three brownies <b>510 calories</b></p> <p>b. four chocolate chip cookies <b>192 calories</b></p> <p>c. cupcake <b>200 calories</b></p>	<p>The afternoon munchies strike and you find yourself in front of the vending machine. What do you buy?</p> <p>a. Snickers <b>280 calories</b></p> <p>b. bag of pretzels <b>648 calories</b></p> <p>c. Snackwell cookies <b>931 calories</b></p>	<p>Your Girl Scout cookies have finally arrived. You decide to have three cookies. Which box do you open?</p> <p>a. Thin Mints <b>140 calories</b></p> <p>b. Samoas <b>300 calories</b></p> <p>c. Tagalongs <b>260 calories</b></p>	<p>You have a meeting with the payroll manager. She always has a bowl of candy in the office. What do you grab?</p> <p>a. Peppermint Patty <b>160 calories</b></p> <p>b. Almond Joy <b>80 calories</b></p> <p>c. Milky Way <b>75 calories</b></p>	<p>You find yourself in front of the vending machine with a craving for something salty. What do you choose?</p> <p>a. popcorn <b>601 calories</b></p> <p>b. Doritos <b>840 calories</b></p> <p>c. pretzels <b>648 calories</b></p>

**caloric consequences**  
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**lunch**

<p><b>snack</b></p>	<p><b>snack</b></p>	<p><b>snack</b></p>	<p><b>snack</b></p>	<p><b>snack</b></p>
<p>You walk into the lounge and see a few birthday cakes from the past few days. Which one do you eat?</p> <ul style="list-style-type: none"> <li>a. chocolate cake <b>235 calories</b></li> <li>b. lemon cake <b>320 calories</b></li> <li>c. cupcake <b>257 calories</b></li> </ul>	<p>You're back at the vending machine. What do you choose?</p> <ul style="list-style-type: none"> <li>a. peanuts <b>161 calories</b></li> <li>b. almonds <b>169 calories</b></li> <li>c. macadamia nuts <b>203 calories</b></li> </ul>	<p>You have five minutes before your next meeting. What do you grab?</p> <ul style="list-style-type: none"> <li>a. JELL-O chocolate pudding snack <b>140 calories</b></li> <li>b. rice pudding treat <b>130 calories</b></li> <li>c. tapioca pudding <b>130 calories</b></li> </ul>	<p>You pack a snack for the day. What do you pack?</p> <ul style="list-style-type: none"> <li>a. mixed berry yogurt <b>150 calories</b></li> <li>b. string cheese <b>80 calories</b></li> <li>c. packet of trail mix <b>140 calories</b></li> </ul>	<p>You're at a coworker's desk when she offers you a choice of snacks. What do you pick?</p> <ul style="list-style-type: none"> <li>a. Hershey's Kisses with almonds <b>230 calories</b></li> <li>b. Red Vines <b>320 calories</b></li> <li>c. Gummi Bears <b>220 calories</b></li> </ul>
<p><b>snack</b></p>	<p><b>snack</b></p>	<p><b>snack</b></p>	<p><b>snack</b></p>	<p><b>snack</b></p>
<p>You find a few things in your desk. What do you eat?</p> <ul style="list-style-type: none"> <li>a. packet of cheese and crackers <b>190 calories</b></li> <li>b. packet of Cheez-Its <b>160 calories</b></li> <li>c. packet of peanuts <b>161 calories</b></li> </ul>	<p>You find some 93 cents in your briefcase and head to the vending machine. What do you choose?</p> <ul style="list-style-type: none"> <li>a. packet of M&amp;Ms <b>250 calories</b></li> <li>b. Snicker's bar <b>280 calories</b></li> <li>c. Butterfinger <b>270 calories</b></li> </ul>	<p>The secretary's kid is selling chocolate bars. What do you buy?</p> <ul style="list-style-type: none"> <li>a. milk chocolate <b>230 calories</b></li> <li>b. dark chocolate <b>210 calories</b></li> <li>c. white chocolate <b>220 calories</b></li> </ul>	<p>You open the fridge in the break room and see some leftovers. What do you grab?</p> <ul style="list-style-type: none"> <li>a. half of a personal-size pesto pizza <b>310 calories</b></li> <li>b. half of a chicken burrito with sour cream <b>276 calories</b></li> <li>c. half of a tuna sandwich <b>315 calories</b></li> </ul>	<p>Your manager has brought a few bags of chips to the weekly progress meeting. What do you eat?</p> <ul style="list-style-type: none"> <li>a. Doritos <b>260 calories</b></li> <li>b. Cheetos <b>160 calories</b></li> <li>c. Fritos <b>160 calories</b></li> </ul>

caloric consequences  
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## happy hour

After work, everyone's going to the nearest Mexican restaurant and bar for Happy Hour. What do you drink?

- a. glass of wine  
**198 calories**
- b. whiskey sour  
**125 calories**
- c. martini  
**160 calories**

## happy hour

You're at happy hour with friends and you want something light to snack on. What do you order?

- a. nachos  
**1,570 calories**
- b. pretzels  
**648 calories**
- c. potato skins  
**911 calories**

## happy hour

You decide to eat something to fill your stomach while at Happy Hour so the alcohol doesn't hit you as hard. What to do you eat?

- a. grilled cheese sandwich  
**420 calories**
- b. bowl of clam chowder  
**299 calories**
- c. chicken burrito  
**350 calories**

## happy hour

Since you have to drive home after, you decide to not have more than three drinks. What do you order?

- a. whiskey sour  
**375 calories**
- b. beer  
**435 calories**
- c. scotch on the rocks  
**590 calories**

## happy hour

Score! The bar you are at for Happy Hour has free appetizers. What do you eat?

- a. potato skins  
**911 calories**
- b. cheese and crackers  
**420 calories**
- c. chips and salsa  
**338 calories**

## happy hour

You made a big sale at work today. What do you drink?

- a. margarita  
**170 calories**
- b. piña colada  
**245 calories**
- c. Long Island iced tea  
**130 calories**

## happy hour

Your team rallies at the nearest Mexican food restaurant. The food is free. What do you eat?

- a. three taquitos  
**315 calories**
- b. nachos  
**330 calories**
- c. cheese quesadilla  
**490 calories**

## happy hour

Another round? Why not? What do you drink?

- a. Kamikaze shooter  
**150 calories**
- b. Red Bull and vodka  
**177 calories**
- c. fuzzy navel shooter  
**120 calories**

## happy hour

You want a drink, but not a real drink. What do you order?

- a. white wine spritzer  
**70 calories**
- b. wine cooler  
**210 calories**
- c. Smirnoff ice  
**249 calories**

## happy hour

You have to go to a holiday party. What do you drink?

- a. mulled wine  
**178 calories**
- b. egg nog  
**343 calories**
- c. champagne  
**85 calories**

caloric consequences

**happy hour**

caloric consequences

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caloric consequences

**happy hour**

## happy hour

You want something "light." What do you drink?

- a. white wine  
**108 calories**
- b. light beer  
**73 calories**
- c. gin & tonic  
**73 calories**

## happy hour

You're watching the game at the bar before you go home. What do you get?

- a. a pint of pale ale  
**240 calories**
- b. a pint of stout  
**240 calories**
- c. a pint of hard cider  
**256 calories**

## happy hour

You take a client out for a drink. What do you order?

- a. a glass of red wine  
**129 calories**
- b. a scotch on the rocks  
**97 calories**
- c. bourbon & soda  
**110 calories**

## happy hour

You're having some drinks at the pub, so you might as well have a snack. What do you order?

- a. fish and chips  
**958 calories**
- b. fried mozzarella sticks  
**384 calories**
- c. buffalo wings  
**1,250 calories**

## happy hour

You're feeling sophisticated. What do you order?

- a. Martini  
**160 calories**
- b. Cosmopolitan  
**170 calories**
- c. Manhattan  
**130 calories**

## dinner

A project ran late at the office and you need to get dinner on the table in 20 minutes. What do you pick up?

- a. cheeseburgers from McDonalds  
**330 calories**
- b. fried chicken from KFC  
**360 calories**
- c. pepperoni pizza from Little Caesars  
**240 calories**

## dinner

You scored some tickets to the baseball game, but you forgot to bring food with you. What do you buy?

- a. slice of cheese pizza  
**272 calories**
- b. hot dog  
**315 calories**
- c. nachos  
**1,570 calories**

## dinner

You and some friends meet up for dinner at your favorite restaurant. What do you order?

- a. grilled fish and mashed potatoes  
**583 calories**
- b. grilled chicken and rice  
**385 calories**
- c. steak and salad  
**887 calories**

## dinner

You're sitting at home and you don't feel like cooking. You look at your stash of delivery menus and opt for Chinese. What do you order?

- a. beef and broccoli  
**750 calories**
- b. sweet & sour chicken  
**770 calories**
- c. Lo Mein noodles  
**1,140 calories**

## dinner

It's chilly outside and you want something hot and hearty. Which do you choose?

- a. Chicken Ramen  
**190 calories**
- b. Cup of Soup  
**140 calories**
- c. Campbell's Chicken Noodle Soup  
**110 calories**

**caloric consequences**

**dinner**

**caloric consequences**

**happy hour**

**caloric consequences**

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**caloric consequences**

**happy hour**

<p><b>dinner</b></p>	<p><b>dinner</b></p>	<p><b>dinner</b></p>	<p><b>dinner</b></p>	<p><b>dinner</b></p>
<p>You stop by Burger King on your way home. What do you order?</p> <p>a. Double Whooper, small fries, small Coke <b>1,278 calories</b></p> <p>b. Sourdough Bacon Cheeseburger, small fries, small Coke <b>1,048 calories</b></p> <p>c. Spicy Fish Sandwich, small fries, small Coke <b>1,008 calories</b></p>	<p>Frozen food is on the menu tonight! You look in the freezer. What do you heat up?</p> <p>a. fish sticks <b>260 calories</b></p> <p>b. chicken nuggets <b>276 calories</b></p> <p>c. mini pizza bagels <b>225 calories</b></p>	<p>Roberto's is calling your name after a hard day at the office. What do you order?</p> <p>a. shrimp burrito <b>710 calories</b></p> <p>b. chicken burrito <b>630 calories</b></p> <p>c. carnitas burrito <b>920 calories</b></p>	<p>It's pizza and football tonight. What do eat?</p> <p>a. four slices of the works <b>1,320 calories</b></p> <p>b. four slices of the vegetarian <b>1,120 calories</b></p> <p>c. four slices of steak <b>1,360 calories</b></p>	<p>Your neighbor is having a wine tasting party. What do you have?</p> <p>a. two glasses of Merlot, brie <b>719 calories</b></p> <p>b. three glasses Chardonnay, one bunch of grapes <b>422 calories</b></p> <p>c. four glasses Pinot Noir, one water cracker <b>483 calories</b></p>
<p><b>dinner</b></p>	<p><b>dinner</b></p>	<p><b>dinner</b></p>	<p><b>dinner</b></p>	<p><b>dinner</b></p>
<p>It's your anniversary. You go to a nice restaurant. What do you order?</p> <p>a. lamb chop, baked potato, broccoli <b>630 calories</b></p> <p>b. salmon, asparagus, steamed potatoes <b>390 calories</b></p> <p>c. roasted chicken, mashed potatoes, sautéed cabbage <b>538 calories</b></p>	<p>You've been meaning to try that new Indian restaurant. What do you try?</p> <p>a. chicken korma <b>500 calories</b></p> <p>b. tandoori chicken <b>260 calories</b></p> <p>c. chicken tikka massala <b>200 calories</b></p>	<p>What about Italian tonight? What do you choose?</p> <p>a. fettuccini al fredo <b>910 calories</b></p> <p>b. eggplant parmesan <b>1,240 calories</b></p> <p>c. spaghetti with meatballs <b>840 calories</b></p>	<p>What about the Chinese restaurant in your neighborhood? What do you eat?</p> <p>a. three egg rolls <b>390 calories</b></p> <p>b. kung pao chicken <b>780 calories</b></p> <p>c. pad thai <b>470 calories</b></p>	<p>You don't feel like cooking. What do you defrost?</p> <p>a. box of macaroni and cheese <b>640 calories</b></p> <p>b. microwave pizza <b>780 calories</b></p> <p>c. meatloaf TV dinner <b>560 calories</b></p>

**caloric consequences**  
**dinner**

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**dinner**

## free time

You have 15 minutes before your next meeting. What do you do?

- a. walk around the block  
**-70 calories**
- b. catch up on emails  
**-30 calories**
- c. walk up and down the stairs for 15 minutes  
**-180 calories**

## free time

You have five minutes to spare. What do you do?

- a. do 20 pushups *right now*  
**-100 calories if you actually do them**
- b. return that voicemail from your ex  
**-10 calories**
- c. go to the restroom  
**-15 calories**

## free time

You have 10 minutes before you have to return to work. What do you do?

- a. make a phone call  
**-20 calories**
- b. do 10 push-ups *right now*  
**-100 calories if you actually do them**
- c. stand around chatting with a co-worker  
**-30 calories**

## free time

A meeting ended early and you find yourself with 30 minutes of free time. What do you do?

- a. take a nap in your car  
**-36 calories**
- b. read a book  
**-39 calories**
- c. jog for 20 minutes  
**-214 calories**

## free time

You have five minutes to spare. What do you do?

- a. update your to-do list  
**-10 calories**
- b. surf the Internet  
**-10 calories**
- c. do 10 sit-ups *right now*  
**-100 calories if you actually do them**

## free time

You really need to get in shape. What do you do?

- a. jog for an hour  
**-645 calories**
- b. swim for an hour  
**-485 calories**
- c. bike for an hour  
**-645 calories**

## free time

You need to do some chores. What do you do?

- a. garden for an hour  
**-323 calories**
- b. scrub the floor for an hour  
**-242 calories**
- c. go shopping  
**-185 calories**

## free time

You have a few free minutes. What do you do?

- a. walk around the block  
**-22 calories**
- b. run in place for five minutes  
**-54 calories**
- c. play ping-pong  
**-267 calories**

## free time

You have 30 minutes to spare. What do you do?

- a. walk the dog  
**-100 calories**
- b. cut the grass  
**-222 calories**
- c. rake the leaves  
**-174 calories**

## free time

You need to get your blood flowing. What do you do?

- a. do 10 pushups *right now*  
**-100 calories if you actually do them**
- b. do 10 jumping jacks *right now*  
**-100 calories if you actually do them**
- c. do 10 squats *right now*  
**-100 calories if you actually do them**

**caloric consequences**  
**free time**

**caloric consequences**  
**free time**

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**free time**

**caloric consequences**  
**free time**

## free time

You have 15 minutes before your next appointment. What do you do?

- a. walk a half mile through the park  
**-67**
- b. walk up and down a flight of stairs 10 times  
**-182 calories**
- c. do 10 push-ups  
**-100 calories if you actually do them**

## free time

Thank goodness the monthly manager's meeting ended early! What do you do?

- a. take a power nap in your car  
**-36 calories**
- b. read the news  
**-40 calories**
- c. reorganize your desk  
**-61 calories**

## free time

You have 20 minutes free. What do you do?

- a. play with your 2-year-old in the daycare facility at work  
**-108 calories**
- b. get ahead on that new project  
**-40 calories**
- c. walk to pick up your dry cleaning  
**-89 calories**

## free time

You and your best friend at work take a break from designing that crazy educational game board. What do you do?

- a. grab a broom and do the limbo  
**-54 calories**
- b. pace the hallway for a minute  
**-16 calories**
- c. throw a frisbee  
**-40 calories**

## free time

Your new boss is a jerk. You need to let off some steam. What do you do?

- a. listen to some music  
**-20 calories**
- b. do some stretching  
**-34 calories**
- c. do 10 jumping jacks *right now*  
**-100 calories if you actually do them**

**caloric consequences**  
**free time**

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