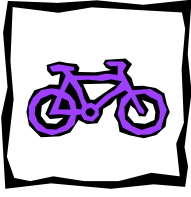





One Month of Drinking...It Adds Up

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Total Of Calories from Alcohol
				<p>“Thirsty Thursday” @Mud Bags</p> <p>4 Vodka shots (1oz) Chased with Cranberry Juice (12oz)</p>	<p>Cathy’s B-day Dinner @ Los Carlos</p> <p>2 margaritas</p>	<p>Tailgating for the Game!</p> <p>5 light beers</p>	<p>Vodka 4 shots (1.5oz ea) x 104 = 416 Cranberry juice (12oz) = 210 Margarita: 2 x 170 calories = 340 Light Beer: 5 x 110 = 550</p> <p>Week 1 Total = 1516</p>
		<p>Booze-day-Tuesday</p> <p>2 rum + cokes</p>			<p>Party at ΩΔΣ</p> <p>3 cups of Jungle Juice</p>		<p>Rum 4 shots (1.5 oz. ea) x 104 = 416 Coke (regular) 8 oz each = 2 drinks x 105 = 206 Jungle Juice: (Everclear 1.5 oz = 210 + Sprite 4 oz = 48 + Hawaiian Punch 4 oz = 64) = 322 per drink x 3 = 966</p> <p>Week 2 Total = 1588</p>
		<p>Ladies Night @ Lunar Cactus</p> <p>3 (double shot) Vodka + Cranberry</p>		<p>Date Dash !</p> <p>3 Shots of Rum 3 Shots of Vodka Chased w/diet coke</p>	<p>Pool Party</p> <p>4 Regular Beers</p>		<p>Vodka 6 shots (1.5 oz ea) x 104 = 624 Cranberry juice (8oz /drink) 3 drinks x 140 = 420 Rum 3 shots (1.5 oz ea) x 104 = 312 Vodka 3 shots (1.5 oz ea) x 104 = 312 Diet Coke = 1 Beer (Regular) 4 x 145 = 580</p> <p>Week 3 Total = 2249</p>
	<p>Monday Night football with Tim</p> <p>3 beers light</p>		<p>Late Night @ KXII</p> <p>4 shots of Bacardi Chased w/1 bottle of Gatorade</p>	<p>Dinner Special @ Diner ‘55</p> <p>55 cent Beers !</p> <p>4 light beers</p>	<p>Family Dinner ♥</p> <p>2 glasses of red wine (5oz)</p>		<p>Light beer 3 x 110 = 330 Bacardi 4 shots (1.5 oz ea) x 104 = 416 Gatorade (1 bottle - 20oz) = 160 Light beer 4 x 110 = 440 Red Wine 2 x 130 = 260</p> <p>Week 4 Total = 1606</p>

How to burn off 6,959 excess calories (for 160 lb person)

- Walking uphill= 16 hours
- Running (6mph)= 11 hours
- Light Housework= 41 hours

Total Added Calories for the Month = 6,959 calories

(From alcohol only. More from food is likely)

3,500 excess calories leads to ~1 pound in fat weight gain.

So, 6,959 calories → ~2.0 pounds (fat) gained in one month.