



PROBLEM-SOLVING SHEET

1. Darnell is 32 years old, is typically inactive and eats about 2550 calories daily. If Darnell were to eat this many calories and be inactive every day for one year, what would be the potential outcome?
 - a. He may maintain his current weight after 1 year.
 - b. He may see a slight decrease in his current weight by about 5 lbs after 1 year.
 - c. He may see an increase in his current weight by about 10 lbs after 1 year.
 - d. He may see an increase in his current weight by about 20 lbs after 1 year.
2. Rachel is 34 years old, is typically active and eats about 2200 calories daily. If Rachel were to eat this many calories and be active every day for one year, what would be the potential outcome?
 - a. She may maintain her current weight after 1 year.
 - b. She may see a slight decrease in her current weight by about 5 lbs after 1 year.
 - c. She may see an increase in her current weight by about 10 lbs after 1 year.
 - d. She may see an increase in her current weight by about 20 lbs after 1 year.



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