

CALORIE COUNTING

Date:

Breakfast	Calories	Carbs	Fat	Protein	Exercise
Subtotal					

Lunch	Calories	Carbs	Fat	Protein	Exercise
Subtotal					

Dinner	Calories	Carbs	Fat	Protein	Exercise
Subtotal					

Snack	Calories	Carbs	Fat	Protein	Exercise
Subtotal					

Water	Today's Goals	Notes