

	A	B	C	D	E	F	G	H	I	J
1		<b>Exercise 4 Weight Loss Calorie Intake Chart</b>								
2										
3		To use this calorie intake chart, simply type in the food item in the appropriate category								
4		and then type in the # of calories. This chart will calculate the "running total" so that								
5		you know your total daily calorie intake. If you are not sure of the exact calories, use the								
6		interactive calorie intake counter on <a href="http://exercise4weightloss.com">exercise4weightloss.com</a>								
7		<a href="http://www.exercise4weightloss.com/calorie-intake-counter/">www.exercise4weightloss.com/calorie-intake-counter/</a>								
8										
9		<b>Note: The food items listed below and the calories are just examples and are not e</b>								
10	<u>Month</u>									
11		<u>Day 1</u>				<u>Day 2</u>				<u>Day 3</u>
12	<u>Category</u>	<u>Food</u>	<u>Cal</u>	<u>Running</u>		<u>Food</u>	<u>Cal</u>	<u>Running</u>		<u>Food</u>
34				1127				260		
35				1127				260		
36	Snack	celery	16	1143				260		
37		peanut butter	80	1223				260		
41	Average daily calories			1223				742		
42										
44		<b>Duration</b>		<b>burned</b>						
45	Exercise Calories			230						
46	BMR calories			1534				1534		
47										
48	Note: use the link below to calculate your BMR calories and input in the appropriate column									
49	<a href="http://www.exercise4weightloss.com/weight-loss-calculator.html">www.exercise4weightloss.com/weight-loss-calculator.html</a>									
50										
51	Total calories burned			1764						
53										
54	Calorie deficit or overage			-541						
55										
56										