

CALORIE TRACKER

	INTAKE	CALORIES	EXERCISE	CALORIES BURNED	TOTAL IN	TOTAL BURNED	DAILY CALORIES
MONDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						
TUESDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						
WEDNESDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						
THURSDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						
FRIDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						
SATURDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						
SUNDAY	BREAKFAST						
	LUNCH						
	DINNER						
	SNACKS						

