



DATE: _____

Time of day	Kcalories	Grams of PROTEIN	Grams of CARBOHYDRATES	Grams of FAT

ACTIVITY	CALS BURNED

Total Calories consumed today	Total Calories Burned Today	NET CALORIE BURN=

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ACTIVITY	CALORIES BURNED

Total Calories consumed today	Total Calories Burned Today	NET CALORIE BURN=