

MAINTENANCE LOG

Week Of:
Target: kcal

DAY	CALS IN	STEPS/ACT	WEIGHT	NOTES (HUNGER, SLEEP, ENERGY)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

AVERAGE

Weekly Trend:

** Aim for consistency. If weight fluctuates +/- 2lbs, adjust daily intake by 100-200 calories.*