

CALORIE LOG

DATE: _____

TARGET GOAL
TOTAL CONSUMED
NET REMAINING
WATER (GLASSES)

⌂ ⌂ ⌂ ⌂ ⌂ ⌂ ⌂ ⌂

MEAL	FOOD & DESCRIPTION	CALORIES	P / C / F
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Breakfast

Lunch

Dinner

Snacks

DAILY PROGRESS & ACTIVITY NOTES