

DAILY CALORIE TRACKER

Date: _____

MEAL / TIME	FOOD & BEVERAGE ITEMS	CALORIES (KCAL)
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Other		

DAILY GOAL
TOTAL CONSUMED
NET BALANCE (+/-)

WATER INTAKE (GLASSES)
â — < â — < â — < â — < â — < â — < â — < â — <
EXERCISE/ACTIVITY
CALORIES BURNED

DAILY NOTES & REFLECTION