

CALORIE INTAKE COMPARISON CHART

Weight Loss Progress & Goal Tracking

Name: _____
Starting Weight: _____
Target Weight: _____
Daily Maintenance TDEE: _____

DAY / DATE	MAINTENANCE TARGET	ACTUAL INTAKE	NET DEFICIT	ACTIVITY/NOTES
Monday	2,400	1,900	-500	
Tuesday	2,400	1,850	-550	
Wednesday	2,400	1,950	-450	
Thursday	2,400			
Friday	2,400			
Saturday	2,400			
Sunday	2,400			
Weekly Total Deficit:				

WEEKLY REVIEW & OBSERVATIONS:

Template intended for personal tracking purposes. Consult a professional for clinical dietary advice.