

CALORIE INTAKE CHART

Weekly Log: _____

Name: _____

Starting Weight: _____

Activity Level: _____

Daily Goal: _____ kcal

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL KCAL
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

CARBOHYDRATES **45 - 65%**

PROTEIN **10 - 35%**

FATS **20 - 35%**

Notes / Water Intake Log:

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