

# DAILY CALORIE TRACKER

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Daily Goal: \_\_\_\_\_ kcal

MEAL / SNACK	DESCRIPTION	CALORIES
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**Breakfast**

**Snack**

**Lunch**

**Snack**

**Dinner**

**Other**

TOTAL CONSUMED  
EXERCISE BURN  
NET TOTAL

Notes (Water intake, Mood, Sleep, etc.)