

# DAILY CALORIE PROGRESS

WEEK OF: \_\_\_\_\_

DAILY TARGET

STARTING WEIGHT

DAY	TOTAL CALORIES	GOAL MET?	NOTES
Monday		Yes	
		No	
Tuesday		Yes	
		No	
Wednesday		Yes	
		No	
Thursday		Yes	
		No	
Friday		Yes	
		No	
Saturday		Yes	
		No	
Sunday		Yes	

DAY

TOTAL CALORIES

GOAL MET?

NOTES

No

WEEKLY REVIEW