

WEEKLY CALORIE SUMMARY

Week of: _____

Goal: _____ kcal/day

| DAY | BREAKFAST | LUNCH | DINNER | SNACKS | TOTAL |
|-----|-----------|-------|--------|--------|-------|
|-----|-----------|-------|--------|--------|-------|

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEKLY TOTAL

DAILY AVERAGE

NET VS GOAL
