

WEIGHT MANAGEMENT TRACKER

Weekly Caloric Intake & Progress Log

NAME: _____

START DATE: ____ / ____ / ____

TARGET WEIGHT: _____ lbs/kg

DAY	CALORIE TARGET	ACTUAL INTAKE	NOTES / MACROS
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEKLY TOTALS

TOTAL CALORIES:
AVG DAILY INTAKE:
WEIGHT CHANGE (+/-):

REFLECTION & ADJUSTMENTS

Daily Discipline Leads to Long-Term Results.