# CALORIE DEFICIT MONITORING

WEEK OF: _____
MAINTENANCE CALORIES: _____
TARGET DEFICIT: _____

| DAY | CALS CONSUMED | ACTIVE BURN | NET TOTAL | NOTES / MOOD |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

**WEEKLY REFLECTION**

TOTAL WEEKLY DEFICIT: _____
WEIGHT CHANGE (+/-): _____