

WEEKLY CALORIE DEFICIT TRACKER

WEEK OF: _____

TDEE TARGET: _____

WEIGHT: _____

DAY	GOAL (KCAL)	IN (KCAL)	DEFICIT +/-	ACTIVITY / NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				
TOTAL WEEKLY DEFICIT:				

Notes: 1lb of fat ≈ 3,500 calorie deficit. Consistency > Perfection.