

WEDNESDAY				THURSDAY				FRIDAY						
Daily Consumption	P	F	C	CAL'S	Daily Consumption	P	F	C	CAL'S	Daily Consumption	P	F	C	CAL'S
Breakfast Total					Breakfast Totals					Breakfast Totals				
Lunch Total					Lunch Totals					Lunch Totals				
Dinner Total					Dinner Totals					Dinner Totals				
Daily Total					Daily Totals					Daily Totals				
Calories Burned (494)					Calories Burned (494)					Calories Burned (494)				
BASIS					BASIS					BASIS				
Total Calories Burned					Total Calories Burned					Total Calories Burned				
F ÷ P = ____%	Calories				F ÷ P = ____%	Calories				F ÷ P = ____%	Calories			
	+					+					+			
	-					-					-			

(WEEKLY TOTALS)

Beginning Weight _____#

Caloric Fluctuation _____C.

C. Fluctuation ÷ 3600= _____#

Actual Current Weight _____#

DISCREPANCY _____#

Average Daily Protein _____g

Average Daily Fat _____g

Avg. F ÷ Avg. P = _____%

Average Brkfst Cal's _____

Average Lunch Cal's _____

Average Dinner Cal's _____

Average Daily Cal's _____

(NOTES)

SATURDAY		SUNDAY		MONDAY		TUESDAY	
PROTEIN	FAT	PROTEIN	FAT	PROTEIN	FAT	PROTEIN	FAT
Consumption	Consumption	Consumption	Consumption	Consumption	Consumption	Consumption	Consumption
CALORIES		CALORIES		CALORIES		CALORIES	
Lunch Totals		Lunch Totals		Lunch Totals		Lunch Totals	
Breakfast Totals		Breakfast Totals		Breakfast Totals		Breakfast Totals	
Dinner Totals		Dinner Totals		Dinner Totals		Dinner Totals	
Daily Totals		Daily Totals		Daily Totals		Daily Totals	
Calories Burned (494)		Calories Burned (494)		Calories Burned (494)		Calories Burned (494)	
BASIS (Body Weight X 10)		BASIS		BASIS		BASIS	
Total Calories Burned		Total Calories Burned		Total Calories Burned		Total Calories Burned	
PROTEIN	FAT	PROTEIN	FAT	PROTEIN	FAT	PROTEIN	FAT
Calories		Calories		Calories		Calories	
+ -		+ -		+ -		+ -	
F ÷ P = %		F ÷ P = %		F ÷ P = %		F ÷ P = %	