

Calorie Counter

Week of: _____

Start Weight: _____

End Weight: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1500	1500	1500	1500	1500	1500	1500

Breakfast:													
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Balance:													

Lunch:													
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Balance:													

Dinner:													
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Balance:													

Snack:													
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Balance:													

Day Total:													
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