

# Calorie Tracker - To enter total Kcals per meal / exercise



Maintenance Calories

Deficit Calories \*

Daily Goal Calories

\* Maintenance Calories - 10% / - 15% / - 20%

W/C	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Water (2-3 Litres Day)	Total Daily Calories	Exercise Calories Burnt	Weekly Weigh In **
Monday (Check In Day)										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

\*\* Use same day every week

W/C	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Water	Total Daily Calories	Exercise Calories Burnt	Weekly Weigh In **
Monday (Check In Day)										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

\*\* Use same day every week

W/C	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Water	Total Daily Calories	Exercise Calories Burnt	Weekly Weigh In **
Monday (Check In Day)										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

\*\* Use same day every week

Notes