

Weekly Food *and* Exercise Tracker

Dates: _____ through _____ Weight: _____ Daily Calorie Goal: _____ Daily Exercise Goal: _____

You can print this form and fill it out, or type in your information for automatic calculation and store it for easy record keeping on your computer.
 ALL Calorie fields must be filled in for accurate calculation. If you forget, or don't need to add calories, type in a zero before proceeding to the next meal.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Calories:						
Lunch	Calories:						
Dinner	Calories:						
Snacks	Calories:						
Daily Total Calories							