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DAILY CALORIE GOAL:		DAILY CALORIE GOAL:	
BREAKFAST	CALORIES	BREAKFAST	CALORIES
AM SNACKS TOTAL		AM SNACKS TOTAL	
TOTAL		TOTAL	
LONCH		LONGH	
TOTAL		TOTAL	
TW SIVACIAS		- IN SNACKS	
DINNER		DINNER	
TOTAL CALORIES		TOTAL CALORIES	
CIRCUIT BURNOUT WORKOUT DURATION	CALORIES BURNED	CIRCUIT BURNOUT WORKOUT DURATION	CALORIES BURNED
OTHER ACTIVITIES		OTHER ACTIVITIES	
TOTAL CALORIES		TOTAL CALORIES	
TOTAL CALORIE CONSUMED TOTAL CALORIE CONSUMED TOTAL DAILY CALORIES (CONSUMED MINUS BURNT)		TOTAL CALORIE CONSUMED  TOTAL CALORIE CONSUMED MINUS BURNTI  TOTAL DAILY CALORIES ICONSUMED MINUS BURNTI	
WATER CONSUMPTION GOAL	NO. OF 8oz GLASSES	WATER CONSUMPTION GOAL	NO. OF 802 GLASSES
EARLY MORNING BREAKFAST		EARLY MORNING BREAKFAST	
MORNING AM SNACK		MORNING	
LUNCH		LUNCH	
PM SNACK DINNER		PM SNACK DINNER	
		TO CONTRACT OF THE CONTRACT OF	