

# Tracking Log



|                         | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast               |        |        |         |           |          |        |          |
| Lunch                   |        |        |         |           |          |        |          |
| Dinner                  |        |        |         |           |          |        |          |
| Snacks and Drinks       |        |        |         |           |          |        |          |
| Exercise for 30 Minutes |        |        |         |           |          |        |          |

Week

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My goal is to eat

\_\_\_\_\_

number of calories per day to achieve my desired weight.

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Multiply desired weight by **11** (if female) or by **12** (if male) to determine # of daily calories allowed. (135 lbs x 11 = 1485 / day)  
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**MOVE!** Walk or exercise for 30 minutes every day.  
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Please make copies for each of the six weeks.