

Calorie Budget- _____

Week Average- _____



ESSENTIAL FITNESS

A PERSONAL TRAINING STUDIO

www.thecaloriecounter.com
www.calorieking.com/foods

Food Diary

Day 1

Breakfast _____

Calories- _____

Lunch _____

Calories- _____

Dinner _____

Calories- _____

Snacks _____ **Total Calories-**

Day 2

Breakfast _____

Calories- _____

Lunch _____

Calories- _____

Dinner _____

Calories- _____

Snacks _____ **Total Calories-**

Day 3

Breakfast _____

Calories- _____

Lunch _____

Calories- _____

Dinner _____

Calories- _____

Snacks _____ **Total Calories-**

Day 4

Breakfast _____
_____ Calories- _____

Lunch _____
_____ Calories- _____

Dinner _____
_____ Calories- _____

Snacks _____ Total Calories-

Day 5

Breakfast _____
_____ Calories- _____

Lunch _____
_____ Calories- _____

Dinner _____
_____ Calories- _____

Snacks _____ Total Calories-

Day 6

Breakfast _____
_____ Calories- _____

Lunch _____
_____ Calories- _____

Dinner _____
_____ Calories- _____

Snacks _____ Total Calories-

Day 7

Breakfast _____
_____ Calories- _____

Lunch _____
_____ Calories- _____

Dinner _____
_____ Calories- _____

Snacks _____ Total Calories-