



WEEKLY CALORIE TRACKER

One page. Seven days. The whole pattern at a glance.

Week of _____ Daily goal _____ cal

	BREAKFAST	LUNCH	DINNER	SNACKS	DAY TOTAL	+/- GOAL
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



WEEK TOTAL

AVERAGE PER DAY

DAYS ON TARGET

Weekdays and weekends rarely look alike — scan the columns before you judge the week.

