

MEAL	ACTIVITY	CALORIES	TOTAL CALORIES
MONDAY			
TUESDAY			
	Health Hype www.healthhype.com		
WEDNESDAY			
THURSDAY			
	Health Hype www.healthhype.com		
FRIDAY			
SATURDAY			
	Health Hype www.healthhype.com		
SUNDAY			

TOTAL WEEKLY CALORIES	TARGET WEEKLY CALORIES	CALORIES NET GAIN/LOSS	BODY WEIGHT THIS WEEK