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CALORIE COUNTER

FOR THE PERIOD: _____

MAIN GOAL THIS WEEK: _____

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH	
DINNER		DINNER		DINNER		DINNER	
SNACK		SNACK		SNACK		SNACK	
SNACK		SNACK		SNACK		SNACK	
TOTAL		TOTAL		TOTAL		TOTAL	

FRIDAY		SATURDAY		SUNDAY		TOTAL	
BREAKFAST		BREAKFAST		BREAKFAST			
LUNCH		LUNCH		LUNCH			
DINNER		DINNER		DINNER			
SNACK		SNACK		SNACK			
SNACK		SNACK		SNACK			
TOTAL		TOTAL		TOTAL			

NOTES

CALORIE COUNTER

FOR THE PERIOD: _____

MAIN GOAL THIS WEEK: _____

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
LUNCH		LUNCH		LUNCH		LUNCH	
DINNER		DINNER		DINNER		DINNER	
SNACK		SNACK		SNACK		SNACK	
SNACK		SNACK		SNACK		SNACK	
TOTAL		TOTAL		TOTAL		TOTAL	

FRIDAY		SATURDAY		SUNDAY		TOTAL	
BREAKFAST		BREAKFAST		BREAKFAST			
LUNCH		LUNCH		LUNCH			
DINNER		DINNER		DINNER			
SNACK		SNACK		SNACK			
SNACK		SNACK		SNACK			
TOTAL		TOTAL		TOTAL			

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David Campos



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