

## **K**eeping Track

Name \_\_\_\_\_

Starting Date \_\_\_\_\_

To do this week:

Day of Fat Gr	Week Dat am Goal Calorie Goa	e al	
Tim e	Food: Amount and Name/Description	Fat Grams	Calorie s
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Time	Food: Amount and Name/Description	Fat Grams	Calories	Fat Budget	Over Budget
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					······
	Daily Totals				······
	Kind of Physical Activity		Minute s		
					······

Daily Activity Goal (minutes)

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## Goals

	Fat Grams	Calories	Minutes of Activity
Daily			
Weekl y			

Totals

	Fat Grams	Calories	Minutes of Activity	Weight
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Total				

Name \_\_\_\_\_ Week \_\_\_\_\_