

Weekly Diet Tracker

Week of July 1, 2007

	Breakfast	Snack	Lunch	Snack	Dinner	Totals
<i>Sunday 1</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	
<i>Monday 2</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	
<i>Tuesday 3</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	
<i>Wednesday 4</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	
<i>Thursday 5</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	
<i>Friday 6</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	
<i>Saturday 7</i>	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	_____ _____ Calories_____	