

## **Food and Activity Tracker**

Name:	
Starting Date:	
My To-Do this week:	

Day of the week:	Date:
Fat Gram Goal:	

Time	Amount and Name/Description	Fat Grams	Calories

Time	Amount and	Fat	Calories	Fat	c	Day of the week:		the week:	Date:		
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## Goals

	Fat Grams	Calories	Minutes of Activity
Daily			
Weekly Average			

## **Totals**

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