

Worksheet # 5: Calculations:

Calorie Intake:

<i>Food:</i>	<i>Amount:</i>	<i>Calories</i>	<i>Protein</i>	<i>Fat</i>	<i>Carbs</i>
<i>DAILY TOTALS</i>					

Daily Income and Expenditures:

<i>Item:</i>	<i>Purchase/Debit</i>	<i>Income/Credit</i>
<i>TOTALS:</i>		
<i>DAILY PROFIT/LOSS</i>		

