

Exercise 4 Weight Loss



Exercise 4 Weight Loss Calorie Intake Chart

To use this PDF form, simply print it off and then write in the food items you eat into the proper category. Write in the number of calories and then calculate the running total. If you are not sure of the exact calories, visit the link below to use the interactive calorie-calculator

Category **Food** **Calories** **Running total**

Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			