



# Keeping Track

Name \_\_\_\_\_

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

To do this week:

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## Goals

	Fat Grams	Calories	Minutes of Activity
Daily			
Weekly			

## 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 \_\_\_\_\_