

January 2024

		WEIGHT	CALS	CARBS	STRENGTH	CARDIO	WATER	WEEKLY
Sun	31							Average Carbs Weight Change
Mon	1							
Tue	2							
Wed	3							
Thu	4							
Fri	5							
Sat	6							Average Carbs Weight Change
Sun	7							
Mon	8							
Tue	9							
Wed	10							
Thu	11							
Fri	12							Average Carbs Weight Change
Sat	13							
Sun	14							
Mon	15							
Tue	16							
Wed	17							
Thu	18							Average Carbs Weight Change
Fri	19							
Sat	20							
Sun	21							
Mon	22							
Tue	23							
Wed	24							Average Carbs Weight Change
Thu	25							
Fri	26							
Sat	27							
Sun	28							
Mon	29							
Tue	30							Average Carbs Weight Change
Wed	31							
Thu	1							
Fri	2							
Sat	3							

	Change This Month	

Total for the Month
Monthly Average