

November 2024

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

			Total for the Month Monthly Average
	Change This Month		