

February 2024

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

	Change This Month

Total for the Month
Monthly Average