

April 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							
Sun	7							Average Carbs Weight Change
Mon	8							
Tue	9							
Wed	10							
Thu	11							
Fri	12							
Sat	13							
Sun	14							Average Carbs Weight Change
Mon	15							
Tue	16							
Wed	17							
Thu	18							
Fri	19							
Sat	20							
Sun	21							Average Carbs Weight Change
Mon	22							
Tue	23							
Wed	24							
Thu	25							
Fri	26							
Sat	27							
Sun	28							Average Carbs Weight Change
Mon	29							
Tue	30							
Wed	1							
Thu	2							
Fri	3							
Sat	4							

Total for the Month
Monthly Average