

May 2026

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

	Change This Month	

Total for the Month
Monthly Average