January 2023

		WEIGHT	CALS	CARBS	STRENGTH	CARDIO	WATER	WEEKLY
Sun	1		J, 120	C. 11 EG	51112110111	C, (D) C	TTT TTT	
Mon	2							
Tue	3							Average Carbs
Wed	4							Average Carbs
Thu	5							Weight Change
Fri	6							vveignt Change
Sat	7							
Sun	8							
Mon	9							
Tue	10							Average Carbo
Wed	11							Average Carbs
Thu	12							Waight Change
Fri	13							Weight Change
Sat	14							
Sun	15							
Mon	16							
Tue	17							A
	_							Average Carbs
Wed	18 19							Weight Ohassa
Thu	20							Weight Change
Fri								
Sat	21 22							
Sun	_							
Mon	23							
Tue	24							Average Carbs
Wed	25							
Thu	26							Weight Change
Fri	27							
Sat	28							
Sun	29							
Mon	30							
Tue	31							Average Carbs
Wed	1							
Thu	2							Weight Change
Fri	3							
Sat	4							

	Total for the Month
	Monthly Average
Change This Month	 l