

# January 2023

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

	Change This Month	

Total for the Month  
Monthly Average