

October 2024

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

			Total for the Month
			Monthly Average
		Change This Month	