

# February 2023

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

	Change This Month

Total for the Month  
Monthly Average