

# March 2023

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

	Change This Month

Total for the Month  
Monthly Average