

May 2024

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

			Total for the Month Monthly Average
	Change This Month		