August 2024

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

		Total for the Month
		Monthly Average
	Change This Month	