

September 2024

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

			Total for the Month Monthly Average
	Change This Month		