

# COUNT<sup>2</sup> INDULGE

## INDULGENCE YOU CAN COUNT ON

Name:	Beginning Weight	Date	Exercise Type:	Goal-What is your calorie goal for today?	Consumed-How many calories did you actually consume?	Hours-How long did you exercise?	Burned-How many calories did you burn?
Michelita	122			1200	750		
Wish List-Any special foods you want to eat? Food Plans Today: CO-If you need to, enter your carryover amount here.							

<b>Sub Total:</b>	<b>Subtract Your Burn:</b>	<b>YOUR FINAL TOTAL:</b>	<b>CO:</b>
750		750	