



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?
<input type="text" value="Michelita"/>	<input type="text" value="122"/>	<input type="text" value="Apr 17, 202"/>	<input type="text"/>	<input type="text" value="1200"/>	<input type="text" value="0"/>	<input type="text"/>	<input type="text" value="0"/>

Wish List-Any special foods you want to eat? Food Plans Today: CO-If you need to, enter your carryover amount here.

<input type="text"/>	<input type="text"/>	<input type="text" value="0"/>
----------------------	----------------------	--------------------------------

Sub Total:	Subtract Your Burn:	YOUR FINAL TOTAL:	CO:
<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>