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	Mar 29, 202		1200	0		0

Wish List-Any special foods you want to eat?	Food Plans Today:	CO-If you need to, enter your carryover amount here.
		0

Sub Total:	Subtract Your Burn:	YOUR FINAL TOTAL:	CO:
0	0	0	0