## **Daily Calorie Chart**

Date:	Name:
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Da	•
Day Number:	

Date:

	Total Burned: -	Tota			Total Intake: +	
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# (-) Calories	Cal. per *Min.	Length of Time	Activity	# (+) Calories	Type of Food # (+) Calories	
	(output)	Calories Burned (output)		(input)	Calorie Intake	
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Total calorie intake + total calories burned = daily net result (gain or loss):