



Daily Fitness Tracker

Today is _____, ____ / ____ / ____

Daily Calories: _____

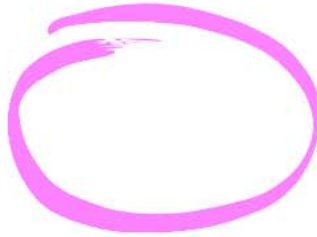
Meal Plan:

B _____

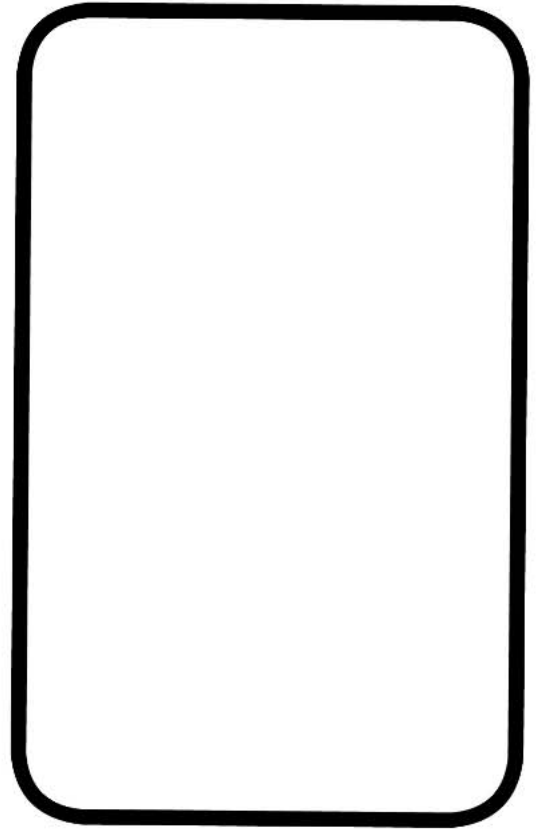
L _____

D _____

Calories



Exercise



Morning Snack

Mid-day Snack

**GREAT
JOB!**

✓ Total Calories

✓ Total Water
_____ ounces