

# Calorie Counter

Date:

Breakfast	

Lunch	

Dinner	

Snacks	

Today's Goal:

Today's Daily Total:

Date:

Breakfast	

Lunch	

Dinner	

Snacks	

Today's Goal:

Today's Daily Total:

The Calorie Counter can be used to monitor your daily calorie consumption. Under each category, enter the name of the food and its calories. Add up each category and enter the subtotal in the bottom box. Add each subtotal to arrive at your daily total.