ToneTeen.com - Tools & Charts Calorie Counter

	Date:		
Breakfast		Lunch	
Dinner		Snacks	
Todayla Caali		To dovide Deilly Tetals	
Today's Goal:		Today's Daily Total:	
	· 		
	Date:		
Breakfast	Date:	Lunch	
Breakfast Dinner	Date:	Lunch	
	Date:		

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.