








# Weekly food tracker

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Water
Monday							 Total Cals
	Calories						
Tuesday							 Total Cals
	Calories						
Wednesday							 Total Cals
	Calories						
Thursday							 Total Cals
	Calories						
Friday							 Total Cals
	Calories						
Saturday							 Total Cals
	Calories						
Sunday							 Total Cals
	Calories						
		BMR <input type="text"/> <small>Daily BMR</small>	BMR Weekly <input type="text"/> <small>Daily BMR x 7</small> Weekly BMR	Total Calories Consumed <input type="text"/> <small>Sum of each day's Total Cals</small> Weekly Cals	+/- cals for week <input type="text"/> <small>(Weekly BMR - Weekly Cals)</small>		

[www.bmi-calculator.net/bmi-calculator/](http://www.bmi-calculator.net/bmi-calculator/)  
 Daily cals consumed should be less than this figure to aid in weight loss.