

# Weekly Calorie Restriction HABIT TRACKER

**START DATE:** \_\_\_\_\_ **START WEIGHT:** \_\_\_\_\_ **GOAL WEIGHT:** \_\_\_\_\_ **BMR:** \_\_\_\_\_

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

W1 / - / WEIGHT: \_\_\_\_\_

DAILY CALORIE GOAL: \_\_\_\_\_

S M T W T F S


W2 / - / WEIGHT: \_\_\_\_\_

DAILY CALORIE GOAL: \_\_\_\_\_

S M T W T F S


W3 / - / WEIGHT: \_\_\_\_\_

DAILY CALORIE GOAL: \_\_\_\_\_

S M T W T F S


W4 / - / WEIGHT: \_\_\_\_\_

DAILY CALORIE GOAL: \_\_\_\_\_

S M T W T F S
