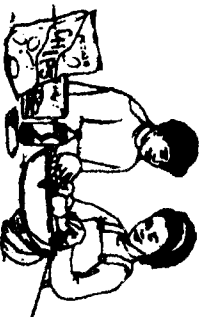# Daily Calorie Chart

Name: _____

Date: _____

Day Number: _____

* units may differ from calorie chart

Calorie Intake (input)		Calories Burned (output)			
Type of Food	# (+) Calories	Activity	Length of Time	Cal. per *Min.	# (-) Calories

Total Intake: + _____   Total Burned: - _____

Total calorie intake + total calories burned = daily net result (gain or loss): _____