Weekly Food Calorie Chart

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Food / Drink	**Kcal**	**Food / Drink**	**Kcal**	**Food / Drink**	**Kcal**	**Food / Drink**	**Kcal**	**Food / Drink**	**Kcal**	**Food / Drink**	**Kcal**	**Food / Drink**	**Kcal**
Daily Calorie Intake														
TOTAL (A)														

Calorie's Burned when exercising with a Sweatz Vest

Exercise / Activity	**Exercise**	**Kcal**												
TOTAL (B)														
Take B from A = daily total calories (C)														
Your Daily Allowed Calories (D)														
Take C from D to see if you are over or under your daily allowed calories														