LOSER LEDGER

DAY _____ DATE _____ WEIGHT _____ BMR

Time	Food	Cals In	Exercise	Cals Out
Totals	Add "Cals In" Column →		Add "Cals Out" Column →	

DAY _____ DATE _____ WEIGHT _____ BMR

Time	Food	Cals In	Exercise	Cals Out
Totals	Add "Cals In" Column →		Add "Cals Out" Column →	