fitclub network
Learn • Practice • Succeed

TheFitClubNetwork.com | (480) 330.9574 | info@thefitclubnetwork.com

CALORIE DEFICIT LOG

TOTAL CALORIE DEFICIT GOAL:										
START DATE:										
CALORIE DEFICIT FOR THE DAY	1	2	3	4	5	6	7	8	9	10
CALORIE DEFICIT BALANCE (Previous CD Total-Daily CD)										
CALORIE DEFICIT FOR THE DAY	11	12	13	14	15	16	17	18	19	20
CALORIE DEFICIT BALANCE (Previous CD Total-Daily CD)										
CALORIE DEFICIT FOR THE DAY	21	22	23	24	25	26	27	28	29	30
CALORIE DEFICIT BALANCE (Previous CD Total-Daily CD)										
CALORIE DEFICIT FOR THE DAY	31	32	33	34	35	36	37	38	39	40
CALORIE DEFICIT BALANCE (Previous CD Total-Daily CD)										
CALORIE DEFICIT FOR THE DAY	41	42	43	44	45	46	47	48	49	50
CALORIE DEFICIT BALANCE (Previous CD Total-Daily CD)										