

CALORIE/MACRO TRACKING LOG

INSTANT DOWNLOAD - GOODNOTES - PRINTABLE

DIGITAL
OR
PRINTABLE

NAME: _____ DATE: _____
M T W T F S S

macro tracking log

MEALS	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST	CAL	P	C	F
TOTAL				
LUNCH	CAL	P	C	F
TOTAL				
DINNER	CAL	P	C	F
TOTAL				
SNACKS	CAL	P	C	F
TOTAL				
TOTAL CONSUMED	CALORIES	PROTEIN	CARBS	FATS

NAME: _____ DATE: _____
M T W T F S S

macro tracking log

DAILY TARGETS	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST	CAL	P	C	F
TOTAL				
LUNCH	CAL	P	C	F
TOTAL				
DINNER	CAL	P	C	F
TOTAL				
SNACKS	CAL	P	C	F
TOTAL				
TOTAL CONSUMED	CALORIES	PROTEIN	CARBS	FATS

2 SIZE OPTIONS - LETTER SIZE & A4
5 COLOR OPTIONS

