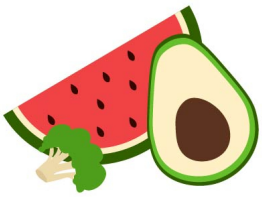
Calorie Tracker



Date: _____

Time	Meal Type	Food & Beverage	Calorie	Protein	Carbs	Fat

Water

Notes