

## DAILY CALORIE INTAKE AND OUTPUT CHARTS

My basal metabolic rate (BMR): \_\_\_\_\_ (calories a day)

My total daily energy expenditure (TDEE): \_\_\_\_\_ (calories a day)

### DAILY CALORIE INTAKE AND OUTPUT CHART (FOR LOSING 2 POUNDS A WEEK)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
- TDEE							
+ FOOD							
- EXERCISE							
TOTAL (-7,000)	-1,100	-1,100	-1,100	-1,100	-1,100	-1,100	-400

### DAILY CALORIE INTAKE AND OUTPUT CHART (FOR LOSING 1.5 POUNDS A WEEK)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
- TDEE							
+ FOOD							
- EXERCISE							
TOTAL (-5,250)	-800	-800	-800	-800	-800	-800	-450

### DAILY CALORIE INTAKE AND OUTPUT CHART (FOR LOSING 1 POUND A WEEK)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
- TDEE							
+ FOOD							
- EXERCISE							
TOTAL (-3,500)	-500	-500	-500	-500	-500	-500	-500