|  |
| --- |
| Daily Calorie Tracker  |
| Date:  |
| Meal Type | Time | Food Item | Calories |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  | Total Calories for the Day:  |  |
| Notes |
|  |
|  |
|  |
|  |
|  |
| [source: www.neworchards.com](https://www.neworchards.com/) |