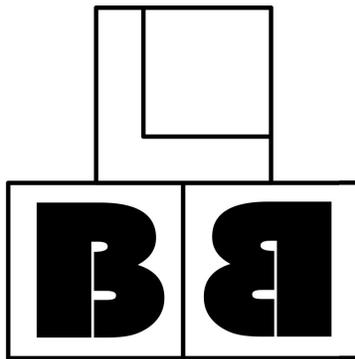


Complete Calorie Adder

Edition 1



Complete Calorie Adder

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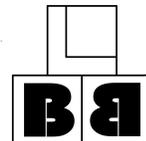
This blank book will help you keep track of the calories you consume at a given time period...

To use this book simply fill the gaps in the provided template; enter the date and then list all the foods you ate (and the food calories) and sum the calories up so you know how many you consumed that day...

Of course, you must know the calories for each food. You can do a Google search to find that or you can go to a place like CalorieKing.com

We hope you will find this blank book useful and we wish you all the best!

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