

February 2025

		WEIGHT	CALS	CARBS	STRENGTH	CARDIO	WATER	WEEKLY
Sun	26							Average Carbs Weight Change
Mon	27							
Tue	28							
Wed	29							
Thu	30							
Fri	31							
Sat	1							Average Carbs Weight Change
Sun	2							
Mon	3							
Tue	4							
Wed	5							
Thu	6							
Fri	7							Average Carbs Weight Change
Sat	8							
Sun	9							
Mon	10							
Tue	11							
Wed	12							
Thu	13							Average Carbs Weight Change
Fri	14							
Sat	15							
Sun	16							
Mon	17							
Tue	18							
Wed	19							Average Carbs Weight Change
Thu	20							
Fri	21							
Sat	22							
Sun	23							
Mon	24							
Tue	25							Average Carbs Weight Change
Wed	26							
Thu	27							
Fri	28							
Sat	1							

	Change This Month

Total for the Month
Monthly Average