

# Calorie counting tracker

DATE		STARTING WEIGHT		CALORIE GOAL	
DAY 1		DAY 11		DAY 21	
DAY 2		DAY 12		DAY 22	
DAY 3		DAY 13		DAY 23	
DAY 4		DAY 14		DAY 24	
DAY 5		DAY 15		DAY 25	
DAY 6		DAY 16		DAY 26	
DAY 7		DAY 17		DAY 27	
DAY 8		DAY 18		DAY 28	
DAY 9		DAY 19		DAY 29	
DAY 10		DAY 20		DAY 30	

# The 30 Day Calorie Calendar

**Emilie Sanchez**



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