

Daily Calorie & Macro Tracker

Print one sheet per day

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DATE _____

TARGET CALORIES

EXERCISE CALORIES

REMAINING CALORIES

Meal	Food Group	Food Category	Food Item	Portion (g)	Calories	Protein (g)	Fats (g)	Carbs (g)
DAILY TOTAL								

Tip: use extra copies when you need more rows. Nutrition values are estimates.