

# Calorie Counting Chart

Keep track of your daily caloric intake,  
water consumption and  
daily notes on your dietary habits.

www.PaintedGold.com  
Resources for Busy Moms  
Copyright 2006

Disclaimer:  
This calorie counting chart is for personal use only.  
Consult your medical professional for expert advice  
before starting any weight loss program.

	Food/Quantity	Calories	Water/ Quantity	Notes	Total meal calories
Breakfast					
Lunch					
Dinner					
Snacks					
<b>Total Daily Calories</b>					