

Your Calculated TEE (kcal)

Adding food groups
(if using PCMR)

Week 4 _____
Week 3 _____
Week 2 _____
Week 1 _____



Timeline (weeks)

_____ kcal
_____ kcal
_____ kcal
_____ kcal
_____ kcal
_____ kcal
_____ kcal
_____ kcal
_____ kcal
_____ kcal

Current Calorie Intake _____

Current Reality