

DATE: _____

Best Shape Challenge™

Note: Do one sheet per every day. Don't forget to use your calorie counter and put total calories at the end of each day.



Time:

Food / Drink

Calories

Wake:

Bed:

TOTAL CALORIES: _____

DATE: _____

Best Shape Challenge™

Note: Do one sheet per every day. Don't forget to use your calorie counter and put total calories at the end of each day.



Time:

Food / Drink

Calories

Wake:

McCoy
fitness & health

Bed:

TOTAL CALORIES: _____

DATE: _____

Best Shape Challenge™

Note: Do one sheet per every day. Don't forget to use your calorie counter and put total calories at the end of each day.



Time:

Food / Drink

Calories

Wake:



Bed:

TOTAL CALORIES: _____

DATE: _____

Best Shape Challenge™

Note: Do one sheet per every day. Don't forget to use your calorie counter and put total calories at the end of each day.



Time:	Food / Drink	Calories
--------------	---------------------	-----------------

Wake:

McCoy ☀️
 fitness & health

Bed:

TOTAL CALORIES: _____

DATE: _____

Best Shape Challenge™

Note: Do one sheet per every day. Don't forget to use your calorie counter and put total calories at the end of each day.



Time:

Food / Drink

Calories

Wake:



Bed:

TOTAL CALORIES: _____

DATE: _____

Best Shape Challenge™

Note: Do one sheet per every day. Don't forget to use your calorie counter and put total calories at the end of each day.



Time:	Food / Drink	Calories
--------------	---------------------	-----------------

Wake:



Bed:

TOTAL CALORIES: _____
