**CALORIE
CALCULATOR**

CALENDAR

TODAY'S
CALORIES

**SETUP**

SETUP (IMPERIAL)

**SETUP**

INPUT HEIGHT
(FT)

INPUT AGE

**SAVE SETUP**

INPUT HEIGHT
(IN)

INPUT WEIGHT

METRIC
TOGGLE

SETUP (METRIC)

**SETUP**

INPUT HEIGHT
(CM)

INPUT AGE

**SAVE SETUP**

▲

INPUT WEIGHT

IMPERIAL
TOGGLE

DAILY
CALORIES

**DAILY CALORIES**

# DAILY CALORIES

Breakfast Calories

Allowed Calories

Dinner Calories

### DATE

Lunch Calories

Misc. Calories

Over/Under By:

CALORIE
CALENDAR

Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec

# CALORIE
# CALENDAR

| | Mon | Tu | Wed | Thurs | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Day over/under | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |