

Each grid mark is equivalent to 10 pixels

**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

Breakfast Calories

Allowed Calories

Dinner Calories

Lunch Calories

DATE

Misc. Calories

Over/Under By:

CALORIE
CALENDAR

**CALORIE
CALENDAR**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Mon

Tu

Wed

Thurs

Fri

Sat

Sun

Day over/under							