slim tlc®

Map

Original date: Wt:		"Look and feel great!" weight goal:
Starting BMI: Goal BMI:		Reward for reaching:
What is your *WHY?*		TLC Trio Partners:
Daily "Whatever Calorie Budget"		**Estimated Calories Burned/Minute with E & A**
BMR: x 0.___ (%) =		BMR/1440 (BMR/min) = ("**Z**")
		Z x 7.7 (AF for **E**) = **Z** x 3.85 (AF for **A**) =

Start Wt:

250 240 230 220 210 200 190 180 170 160 150 140 130 120 110 100 90 80 70 60 50 40 30 20 10 0

Log Exercise or Activity Minutes →

Weight ↑	E	A	E	A	E	A	E	A	E	A	E	A	E	A	E	A	E	A	E	A	E	A	E	A	E	A
Date → (Weekly)																										

XWcal	**Su**														
Weight															
XWcal	**Mo**														
Weight															
XWcal	**Tu**														
Weight															
XWcal	**We**														
Weight															
XWcal	**Th**														
Weight															
XWcal	**Fri**														
Weight															
XWcal	**Sa**														
Weight															
Total XWcal															
– cal burned =															
÷ 7 = average															