

DATE: _____ M T W T F S S WEIGHT: _____

MEAL	TIME:	AMT	CARBS	FIBER	NET	CAL

MEAL	TIME:	AMT	CARBS	FIBER	NET	CAL

MEAL	TIME:	AMT	CARBS	FIBER	NET	CAL

MEAL	TIME:	AMT	CARBS	FIBER	NET	CAL

TOTAL						

MOOD	☐ 😞 ☐ 😐 ☐ 😊 ☐ 😄	ENERGY (1-10)	
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NOTES: **Carb Counter Book**

Record your carb intake anywhere

with this convenient and portable pocket carb counter!

