One Week Summary

Record the total of your food counts for each day. Then add the totals, divide by seven and you will have your average counts for the week. This will give you valuable information towards determining choices you can make for healthy eating!

Day No.	calorie	fat	sat	trans	chol	sod	carb	fiber	sug	prot
1										
2										
3										
4										
5										
6										
7										
Total										
Divide by 7										
Daily average										