

My calorie and weight log

Week 1 / Educational estimate and personal records

Starting calorie range: _____ Goal: _____

Weight units: lb / kg Date started: _____

Use the same scale and comparable conditions. Leave missing days blank.

Include drinks, oils and snacks in complete daily intake records.

Day	Weight	Intake (kcal)	Appetite / training / routine
1			
2			
3			
4			
5			
6			
7			

Weekly mean weight: _____ Recorded days: ____ / 7

Mean = sum of recorded weights / number of recorded days.

Review with the other week. Water and routine changes affect weight.

Two weeks is an initial check, not a measured metabolism or fat-loss forecast.

Clinical advice takes priority. Stop tracking if it worsens restrictive eating.

Sources, method and interactive tracker:

primeformen.com/calorie-tdee-calculator-for-men-over-50/

My calorie and weight log

Week 2 / Educational estimate and personal records

Starting calorie range: _____ Goal: _____

Weight units: lb / kg Date started: _____

Use the same scale and comparable conditions. Leave missing days blank.

Include drinks, oils and snacks in complete daily intake records.

Day	Weight	Intake (kcal)	Appetite / training / routine
8			
9			
10			
11			
12			
13			
14			

Weekly mean weight: _____ Recorded days: ____ / 7

Mean = sum of recorded weights / number of recorded days.

Review with the other week. Water and routine changes affect weight.

Two weeks is an initial check, not a measured metabolism or fat-loss forecast.

Clinical advice takes priority. Stop tracking if it worsens restrictive eating.

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