

Exercise Diary for Weight Loss

Your Name: _____

Calories to Burn: _____ = _____ Pounds Lost (Your Goal)

Key Fact: 1 pound of fat loss requires you to burn 3500 calories!

Exercise Diary			
Day/Date	Type of Exercise/Duration	Calories Burned	Calories Remaining to Burn
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			