

FATTY TRACKER

Start Weight	333 lbs	Week 7 Caloric Intake (7/8 - 7/14)	Week 8 Caloric Intake (7/15 - 7/21)
Current Weight	317 lbs	7/8: 1800	7/15: 1800
Goal Weight	295 lbs	7/9: 560	7/16: 1650
Total Lost	-16 lbs	7/10: 1850	7/17: 2075
% Goal	107%	7/11: 1800	7/18: 1685
		7/12: 1875	7/19: 1475
		7/13: 1850	7/20: 1790
		7/14: 1900	7/21: 1450
		Week 9 Caloric Intake (7/22 - 7/28)	Week 10 Caloric Intake (7/28 - 8/4)
		7/22: CHEAT DAY	7/29: 1800
		7/23: 1340	7/30: 1935
		7/24: 1140	7/31: 1875
		7/25: 1400	8/1: 1780
		7/26: 1250	8/2: 1050
		7/27: 1650	8/3: 1760
		7/28: CHEAT DAY	8/4: 2010
		Week 11 Caloric Intake 8/5 - 8/11	Week 12 Caloric Intake 8/12 - 8/18
		8/5: 1890	8/12: CHEAT
		8/6: 1940	8/13: 1690
		8/7: 2600-ish	8/14: 1649
		8/8: 2180	8/15: 1670
		8/9: 1875	
		8/10: 1795	
		8/11: 1890	