

**CALTRAC LOG EXAMPLE**

Taken from 1 month recording by Danna Demetre, RN

DAY	CALS IN	CALS USED	ACTIVE ACTM CALS	NET CALS	CUM. +/-
1	1866	1875	361	<b>9</b>	9
2	1842	1844	396	<b>2</b>	11
3	2121	2244	750	<b>123</b>	134
4	2300	1800	360	<b>-500</b>	-366
5	2133	2186	746	<b>51</b>	-315
6	1975	2000	550	<b>25</b>	-290
7	1952	2327	688	<b>375</b>	85
8	1926	1989	549	<b>63</b>	148
9	1943	1946	456	<b>6</b>	154
10	1940	1950	460	<b>10</b>	164
11	2026	1851	547	<b>175</b>	339
12	1943	1946	456	<b>6</b>	345
13	1817	1834	263	<b>17</b>	362
14	2403	2294	802	<b>-109</b>	253
15	1725	1860	347	<b>136</b>	388
16	1686	2208	559	<b>522</b>	910
17	1728	1820	334	<b>92</b>	1002
18	1850	1910	390	<b>60</b>	1062
19	2100	2485	1001	<b>385</b>	1447
20	1946	1980	481	<b>34</b>	1481
21	1842	2197	692	<b>355</b>	1836
22	1746	1842	287	<b>96</b>	1932
23	1498	2045	547	<b>563</b>	2495
24	2005	2105	601	<b>100</b>	2595
25	1750	1940	502	<b>190</b>	2785
26	1950	2220	780	<b>270</b>	3055
27	2000	2100	600	<b>100</b>	3155
28	1850	1950	410	<b>100</b>	3255
29	1578	1862	422	<b>284</b>	3539
30	1625	1835	394	<b>210</b>	3749
31					
<b>TOTALS</b>	57066	60445	15731	<b>3749</b>	3749
<b>AVERAGE</b>	1902	2014	524	<b>124</b>	121



Wear your personal Caltrac "coach" daily.

Log your progress and watch your body shrink as you burn more calories everyday.

## CALTRAC DAILY LOG

Month \_\_\_\_\_ Goal \_\_\_\_\_



Wear your personal Caltrac "coach" daily.

Log your progress and watch your body shrink as you burn more calories everyday.

DAY	CALCS IN	CALCS USED	ACTIVE ACTM CALS	NET CALS	CUM. +/-
1					
2					
3					
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31					
<b>TOTALS</b>					
<b>AVERAGE</b>					