

		25 (Sun)		26 (Mon)		27 (Tue)		28 (Wed)		29 (Thu)		30 (Fri)		31 (Sat)		This Week's Task		
Today's Task	1	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		1		
	2	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		2		
	3	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		3		
	4	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		4		
	5	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		5		
	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C
D	E	F	D	E	F	D	E	F	D	E	F	D	E	F	D	E	F	7
Schedule	10															8		
	11															9		
	12															10		
	13															11		
	14															12		
	15															13		
	16															14		
	17															15		
	18															16		
	19															17		
	20															18		
	21															19		
	22															20		
	23															21		
Meal	Breakfast															Daily Task		
	Lunch													A				
	Dinner													B				
	Snack													C				
																D		
															E			
															F			
															Task Priority			
													Important					
Activity	Sleep	H		H		H		H		H		H		H		Urgent		
	Steps	steps		steps		steps		steps		steps		steps		steps				
	Ex	km min		km min		km min		km min		km min		km min		km min				
	Energy Expenditure	Total	kcal	Total	kcal	Total	kcal	Total	kcal	Total	kcal	Total	kcal	Total	kcal			
		Activity Related	kcal	Activity Related	kcal	Activity Related	kcal	Activity Related	kcal	Activity Related	kcal	Activity Related	kcal	Activity Related	kcal			
	Fat Burned	Total	g	Total	g	Total	g	Total	g	Total	g	Total	g	Total	g			
	Weight	Total	kg	Total	kg	Total	kg	Total	kg	Total	kg	Total	kg	Total	kg			
Body Fat p.c.	Total	%	Total	%	Total	%	Total	%	Total	%	Total	%	Total	%				