

		25 (Sun)			26 (Mon)			27 (Tue)			28 (Wed)			29 (Thu)			30 (Fri)			31 (Sat)			This Week's Task		
Today's Task	<input type="checkbox"/>																						<input type="checkbox"/>		
	<input type="checkbox"/>																						<input type="checkbox"/>		
	<input type="checkbox"/>																						<input type="checkbox"/>		
	<input type="checkbox"/>																						<input type="checkbox"/>		
	<input type="checkbox"/>																						<input type="checkbox"/>		
		A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	<input type="checkbox"/>		
	D	E	F	D	E	F	D	E	F	D	E	F	D	E	F	D	E	F	D	E	F	<input type="checkbox"/>			
Schedule	10																						<input type="checkbox"/>		
	11																						<input type="checkbox"/>		
	12																						<input type="checkbox"/>		
	13																						<input type="checkbox"/>		
	14																						<input type="checkbox"/>		
	15																						<input type="checkbox"/>		
	16																						<input type="checkbox"/>		
	17																						<input type="checkbox"/>		
	18																						<input type="checkbox"/>		
	19																						<input type="checkbox"/>		
	20																						<input type="checkbox"/>		
	21																						<input type="checkbox"/>		
	22																						<input type="checkbox"/>		
23																						<input type="checkbox"/>			
Meal	Breakfast																						Daily Task		
	Lunch																						A		
	Dinner																						B		
	Snack																						C		
																							D		
																									E
																									F
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	kg			kg			kg			kg			kg			kg			kg					
	Body Fat p.c.	%			%			%			%			%			%			%					
																					Task Priority				
																					Important				