

Accountability Sheet

Start Weight

	Count Your Calories				
	Date	1st Meal	2nd Meal	3rd Meal	4th Meal
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

= My end of month weight goal.

My Daily Sustaining Calorie Level is =

-500

My Daily Reduction Level =

The ideal weight loss rate is 1 - 2 pounds per week. To lose 1 pound per week, try to stay 500 calories below your daily Sustaining Calorie Level. To find your your daily Sustaining Calorie Level go to www.Encoura.com.