



30-Day Weight Loss Challenge Tracker

Weight Loss Challenge Targets							
Calories In (M 1600, W 1200 min)	Track Calories In or DCI in GO Meal Plans+. Target DCI Calculation below.						
Calories Out	Record Calories Out from Total Calories on Apple Watch/FitBit. Or calculate calories out using BMI and exercise calories. Calculations below.						
Calorie Deficit/Surplus (-500 target)	Automatically calculated below. A 500 calorie deficit is 1 lb. weight loss/week.						
Steps (12,000 steps target)	Steps tracked on device. The more the better.						
Fiber (M 30, W 25 gram target)	Daily fiber intake. Record from MyFitnessPal diary. The more the better.						
Sleep (8 hours target)	Manually tracked or electronically using the Pillow App						
Sleep (%, target increase)	Sleep quality % from Pillow App. This is optional. % should increase.						
Waistline (inches, target decrease)	Measured 2" below belly button. Inches should decrease.						

Day	Number 1		Number 2	Number 3	Number 4		Number 5	
	Calories In	Calories Out	Calorie Deficit /Surplus	Step Count	Fiber (grams)	Sleep (hours)	Sleep (%)	Waistline (inches)
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								