

TRACKING SCHEDULE TCC - Excel

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M14												
1	A	B	C	D	E	F	G	H	I	J	K	L
2	BEG		CALORIES GOAL/DAY			1,850		2,100 AVG CALORIES = PLUS 4 LBS				
3	GOAL	178.00	CALORIES GOAL/MONTH			57,350		1,800 AVG CALORIES = MINUS 4 LBS				
4	END							30 MINUTES RUNNING = MINUS 1LB				

6	DATE	WEIGHT	RUN/SM TIME	GYM	TENNIS OTHER	B	L	D	T	CUM CAL	AVG CAL
7	8/1	WEDNESDAY	15.00	32.00		-	270.00		270.00	270.00	270.00
8	8/2	THURSDAY							-	270.00	135.00
9	8/3	FRIDAY							-	270.00	90.00
10	8/4	SATURDAY							-	270.00	67.50
11	8/5	SUNDAY							-	270.00	54.00
12	8/6	MONDAY							-	270.00	45.00
13	8/7	TUESDAY							-	270.00	38.57
14	8/8	WEDNESDAY							-	270.00	33.75
15	8/9	THURSDAY							-	270.00	30.00
16	8/10	FRIDAY							-	270.00	27.00
17	8/11	SATURDAY							-	270.00	24.55
18	8/12	SUNDAY							-	270.00	22.50
19	8/13	MONDAY							-	270.00	20.77
20	8/14	TUESDAY							-	270.00	19.29
21	8/15	WEDNESDAY							-	270.00	18.00
22	8/16	THURSDAY							-	270.00	16.88
23	8/17	FRIDAY							-	270.00	15.88
24	8/18	SATURDAY							-	270.00	15.00
25	8/19	SUNDAY							-	270.00	14.21
26	8/20	MONDAY							-	270.00	13.50
27	8/21	TUESDAY							-	270.00	12.86
28	8/22	WEDNESDAY							-	270.00	12.27
29	8/23	THURSDAY							-	270.00	11.74
30	8/24	FRIDAY							-	270.00	11.25
31	8/25	SATURDAY							-	270.00	10.80
32	8/26	SUNDAY							-	270.00	10.38
33	8/27	MONDAY							-	270.00	10.00
34	8/28	TUESDAY							-	270.00	9.64
35	8/29	WEDNESDAY							-	270.00	9.31
36	8/30	THURSDAY							-	270.00	9.00
37	8/31	FRIDAY							-	270.00	8.71

41	MONTH	BEGN WEIGHT	END WEIGHT	LBS GAIN (LOSS)	RUN TIME	AVG DAILY CALORIES
42	JANUARY	187.00	188.00	1	555	2,018.47
43	FEBRUARY	188.00	184.20	(4)	566	1,823.79
44	MARCH	184.20	185.00	1	412	2,002.13
45	APRIL	185.00	189.60	5	560	2,101.10
46	MAY	189.60	184.80	(5)		
47	JUNE	184.80	182.20	(3)	611	1,961.93