The Women's Wellness Program

Homework Worksheet

Name: _____

7+ Days of Macronutrient Tracking

Use this chart to record 7 days of food tracking. Use your RMR from your DXA scan + 20% or this calculator (https://www.exrx.net/Calculators/CalRequire) to estimate your caloric need and macro recommendations from this number.

Date	Calories	Carbs	Fat	Protein	Fiber	Sugar	Ketone Reading
GOALS	_____	10% _____	70% _____	20% _____	25-38g _____	<20-36g _____	>0.5 mmol/dL