|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DÍA 1 | KCAL | DÍA 2 | KCAL | DÍA 3 | KCAL | DÍA 4 | KCAL | DÍA 5 | KCAL | DÍA 6 | KCAL | DÍA 7 |  |
| **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PESO** |
| DÍA 8 | **KCAL** | **DÍA 9** | **KCAL** | **DÍA 10** | **KCAL** | **DÍA 11** | **KCAL** | **DÍA 12** | **KCAL** | **DÍA 13** | **KCAL** | **DÍA 14** |  |
| **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PESO** |
| DÍA 15 | **KCAL** | **DÍA 16** | **KCAL** | **DÍA 17** | **KCAL** | **DÍA 18** | **KCAL** | **DÍA 19** | **KCAL** | **DÍA 20** | **KCAL** | **DÍA 21** |  |
| **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PESO** |
| DÍA 22 | **KCAL** | **DÍA 23** | **KCAL** | **DÍA 24** | **KCAL** | **DÍA 25** | **KCAL** | **DÍA 26** | **KCAL** | **DÍA 27** | **KCAL** | **DÍA 28** |  |
| **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PASOS** | **PESO** |

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