

# DAILY VITAMIN CHECKLIST

Week of: \_\_\_\_\_

Goal: Consistency & Wellness

SUPPLEMENT & DOSAGE	TIMING	M	T	W	T	F	S	S
<b>Multivitamin</b> 1 Tablet	With Breakfast							
<b>Vitamin D3</b> 2000 IU	With Breakfast							
<b>Omega-3 Fish Oil</b> 1000mg	With Lunch							
<b>Magnesium Glycinate</b> 200mg	Before Bed							
<b>Probiotic</b> 1 Capsule	Empty Stomach							

## SYMPTOMS / OBSERVATIONS

Energy levels, sleep quality, etc.

## REMINDERS

Refill dates, hydration goals.