

# NUTRIENT INTAKE TRACKER

Date:

Weight:

ESSENTIAL NUTRIENT	DAILY TARGET	MORNING	AFTERNOON	EVENING	TOTAL
<b>Macronutrients</b>					
Protein	0.8g/kg				
Complex Carbs	45-65% cal				
Healthy Fats	20-35% cal				
Dietary Fiber	25g - 38g				
<b>Key Vitamins &amp; Minerals</b>					
Vitamin D	600 - 800 IU				
Magnesium	310 - 420 mg				
Iron	8 - 18 mg				
Calcium	1000 mg				

ESSENTIAL NUTRIENT	DAILY TARGET	MORNING	AFTERNOON	EVENING	TOTAL
<b>Hydration</b>					

Water Intake	2.7L - 3.7L	[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] (8oz glasses)			
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Daily Observations & Symptoms: