

# DAILY VITAMIN LOG

Date: \_\_\_\_\_

Goal: Consistency

SUPPLEMENT / VITAMIN	DOSAGE	TIME	TAKEN
Multivitamin	1 Tablet	Morning	
Vitamin D3	2000 IU	Morning	
Omega-3 Fish Oil	1000 mg	Lunch	
Magnesium Glycinate	200 mg	Evening	

## SYMPTOMS / ENERGY LEVELS

Observations...

## WATER INTAKE (8oz)

Consult with a healthcare professional before starting any new supplement regimen.