

# DAILY SUPPLEMENT LOG

Tracking for optimal performance

Date:

DATE	SUPPLEMENT / VITAMIN NAME	DOSAGE	TIME	PURPOSE / NOTES
	Multivitamin (Performance)	1 Cap	AM	With breakfast
	Omega-3 Fish Oil	2000mg	AM	Joint health
	Vitamin D3	5000 IU	AM	Immune support
	Creatine Monohydrate	5g	Pre/Post	Muscle hydration
	Magnesium Glycinate	400mg	PM	Recovery / Sleep

**DAILY OBSERVATIONS (ENERGY LEVELS, DIGESTION, SLEEP QUALITY):**  
Minimalist Fitness Supplement Tracker Template