

DAILY NUTRITION TRACKER

Date: _____

MEAL	FOOD & DRINK DESCRIPTION	CALS	PROTEIN	CARBS	FATS
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Breakfast

Lunch

Dinner

Snacks

Daily Totals
Target Goals

HYDRATION (8OZ GLASSES)

SUPPLEMENTS & MEDS

â–¸ Multi-vitamin

â–¸ Omega-3

â–¸ _____

â–¸ _____

DAILY REFLECTION

Energy Level: 1 2 3 4 5

Sleep Quality: 1 2 3 4 5

NOTES & SYMPTOMS