

# DAILY PROBIOTIC INTAKE TRACKER

MONTH: \_\_\_\_\_ GOAL: 2-3 SERVINGS DAILY

**FERMENTED FOOD  
TYPE**

**M**

**T**

**W**

**T**

**F**

**S**

**S**

Yogurt / Kefir

Sauerkraut / Kimchi

Kombucha / Kvass

Miso / Tempeh / Natto

Pickled Vegetables  
(Brined)

Other: \_\_\_\_\_

WEEKLY OBSERVATIONS (ENERGY, DIGESTION, MOOD)