

Nutrition Tracker



Tracking your food is a great way to gain perspective on what a typical day of eating looks like for you. If you are trying to make changes to your food choices or eating habits, this can be a great first place to start. You can learn more about the great things you are already doing and a few areas that you can make some improvements. **Try tracking your food for 2 weeks (you will need 2 copies of this form).**

Name (Print): _____

Page (Circle One): 1/2 or 2/2

	Meal Type	Place	Time	Food	Drink	Total Calories
Sunday	Breakfast					
	Lunch					
	Dinner					
	Snacks					
Monday	Breakfast					
	Lunch					
	Dinner					
	Snacks					
Tuesday	Breakfast					
	Lunch					
	Dinner					
	Snacks					
Wednesday	Breakfast					
	Lunch					
	Dinner					
	Snacks					
Thursday	Breakfast					
	Lunch					
	Dinner					
	Snacks					
Friday	Breakfast					
	Lunch					
	Dinner					
	Snacks					
Saturday	Breakfast					
	Lunch					
	Dinner					
	Snacks					

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