JOURNAL · UMUM

FREE PREVIEW



Nutrition Tracker

Nutrition Tracker

THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Nutrition Tracker

1. Fill in one page a day. Use the ratings and notes to track your progress.
2. Fill one page per session; a date and a few quick notes are enough.
3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.
4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

- DATE
- DAY NO.
- FOCUS TODAY

SELF RATING

- BREAKFAST ☆ ☆ ☆ ☆ ☆
- LUNCH ☆ ☆ ☆ ☆ ☆
- DINNER ☆ ☆ ☆ ☆ ☆
- SNACKS ☆ ☆ ☆ ☆ ☆
- WATER INTAKE ☆ ☆ ☆ ☆ ☆

BREAKFAST

LUNCH

REFLECTION

PREVIEW

- DATE .....
- DAY NO. .....
- FOCUS TODAY .....

SELF RATING

- BREAKFAST ☆☆☆☆☆
- LUNCH ☆☆☆☆☆
- DINNER ☆☆☆☆☆
- SNACKS ☆☆☆☆☆
- WATER INTAKE ☆☆☆☆☆

BREAKFAST

LUNCH

REFLECTION

PREVIEW

Like the design?

Get the full version: every interior page, no watermark, print-ready at 6 x 9 in.

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PREVIEW

Remaining pages are locked in the preview