



MY HEALTH MOMENT

# Daily Nutrition Tracker

DATE

TODAY'S MOOD  
🙄 😐 😊 😄 ✨

**WHAT I ATE & DRANK TODAY**

| TIME      | FOOD & DRINKS |
|-----------|---------------|
| BREAKFAST |               |
| SNACK 1   |               |
| LUNCH     |               |
| SNACK 2   |               |
| DINNER    |               |
| OTHER     |               |

**HYDRATION**

○○○○○○○○○○

Target: 1.5L per day

WHAT I DRANK

NUMBER OF GLASSES

\_\_\_\_\_

**ENERGY & RECOVERY**

ENERGY LEVEL      SLEEP QUALITY

① ② ③ ④ ⑤      ① ② ③ ④ ⑤

HUNGER LEVEL      HOURS OF SLEEP

① ② ③ ④ ⑤      ⑤ ⑥ ⑦ ⑧ ⑨

**SUPPLEMENTS / MEDS**

**DAILY REFLECTION**

How did I feel today?

- Moved my body today
- Ate 5 servings of veg/fruit
- Drank 5 glasses of pure water
- Took time for myself
- \_\_\_\_\_

