

DAILY Nutrition Tracking

Our nutrition must be in alignment with our vision and goals.

What we ingest must be the highest quality whenever possible to attract that which we desire and repel and eliminate that which we do not. Like Increases like. Opposites Balance.

Spend the next 7 days tracking when and what you eat and even why. Also, track the emotions you had before, during and after you have eaten.

DAY 1 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

DAY 2 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

DAY 3 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

DAY 4 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

DAY 5 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

DAY 6 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

DAY 7 - Choices, time of day & emotion

Breakfast _____

Lunch _____

Snack _____

Dinner _____

Water intake _____

Reflect on how you did and what you can improve next week.