

Daily Fat and Nutrition Tracker

My Daily Goal

Date: _____

Morning

HOW DID YOU FEEL TODAY?



MORNING GOAL

| FOOD ITEM | SERVING SIZE | GRAMS OF FAT |
|-----------|--------------|--------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

TOTAL GRAMS OF FAT



Afternoon

HOW DID YOU FEEL TODAY?



AFTERNOON GOAL

| FOOD ITEM | SERVING SIZE | GRAMS OF FAT |
|-----------|--------------|--------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

TOTAL GRAMS OF FAT



Evening

HOW DID YOU FEEL TODAY?



EVENING GOAL

| FOOD ITEM | SERVING SIZE | GRAMS OF FAT |
|-----------|--------------|--------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

TOTAL GRAMS OF FAT

