

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

