







NUTRITION TRACKER

Complete the table, writing down your goals and tick each day you manage to achieve it. How many ticks can you get by the end of the plan?

Nutrition Challenge	W	eek	Day							
Calorie target is:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Near target?	1	2								
Water target is:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Near target?	3	4								
Carbs target is:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Near target?	5	6								
Protein target is:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Near target?	7	8								
Reduce processed food I will reduce:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Did you manage it?	9	10								
Fruit and Veg target is:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Did you manage it?	11	12								















Nutrition Challenge	W	eek	Day							
Eat less sugar, will reduce:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Did you manage it?	13	14								
Alcohol free days target =			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Tick/Cross the days you drink/don't Did you hit your target? Y/N	15	16								
What is your food swap? I will swap for			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Did you do it?	17	18								
Experiment with mealtimes? (Optional)			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Skipping breakfast? Bigger meals? More/less snacks? Other?	19	20								
Plan meals in advance? (On the day/few days/a week?)			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Did you manage it?	21	22								
Where do you think needs improving? Will work again on:			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Did you improve on it?	23	24								











