

# Food Tracker

Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Instructions:** Record your meals and macros daily. Track your intake to stay mindful of nutrition and balance.

**Inclusive dates:** \_\_\_\_\_

Day	Meal	Food/beverage	Calories	Carbs (g)	Protein (g)	Fats (g)
Sunday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					
Monday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					

Day	Meal	Food/beverage	Calories	Carbs (g)	Protein (g)	Fats (g)
Tuesday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					
Wednesday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					
Thursday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					

Day	Meal	Food/beverage	Calories	Carbs (g)	Protein (g)	Fats (g)
Friday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					
Saturday	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Total					
Weekly total						
Notes			Weekly reflection			