

Name: _____ Phone: _____ Email: _____

Nutrition Daily Habit Tracker

Tracking your habits on the worksheet below can help you know where to start when you want to change the way you approach a particular task. Fill out for a week and send to your Commander.

HABITS			
Example	Eat a 3 macronutrients at breakfast	Have a double serving of veggie at supper	Eat 3x before 3
Example	Scrambled egg topped w/avocado & tomato on toast	Asked for a Salad instead of fries	Breakfast, Lunch and snack at 1430
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			