

Personal Nutrition Progress Tracker Sheet

Date

Name

Nutrition Goal

Daily Intake Log

| Date | Meal | Food/Drink | Servings | Calories | Protein (g) | Carbs (g) | Fat (g) | Notes |
|------|-----------|------------|----------|----------|-------------|-----------|---------|-------|
| | Breakfast | | | | | | | |
| | Breakfast | | | | | | | |
| | Breakfast | | | | | | | |

Weekly Progress

| Week | Start Weight (kg) | End Weight (kg) | Avg. Calories/Day | Avg. Protein/Day (g) | Avg. Water Intake (L) | Notes |
|------|-------------------|-----------------|-------------------|----------------------|-----------------------|-------|
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Personal Reflections

| Date | What went well? | What to improve? |
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