Daily Food/Water Tracker

	1200	1600	2000
Grains	☐ ☐ ☐ ☐ ☐	☐	☐ ☐
Protein	☐ ☐ ☐ ☐	☐	☐
Vegetable	☐ ☐ ☐	☐	☐
Fruit	☐ ☐	☐	☐
Dairy	☐ ☐	☐	
Fats, Sweets	☐ ☐ ☐ ☐	☐ ☐	☐ ☐
Water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		

Daily Food/Water Tracker

	1200	1600	2000
Grains	☐ ☐ ☐ ☐ ☐	☐	☐ ☐
Protein	☐ ☐ ☐ ☐	☐	☐
Vegetable	☐ ☐ ☐	☐	☐
Fruit	☐ ☐	☐	☐
Dairy	☐ ☐	☐	
Fats, Sweets	☐ ☐ ☐ ☐	☐ ☐	☐ ☐
Water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		

Daily Food/Water Tracker

	1200	1600	2000
Grains	☐ ☐ ☐ ☐ ☐	☐	☐ ☐
Protein	☐ ☐ ☐ ☐	☐	☐
Vegetable	☐ ☐ ☐	☐	☐
Fruit	☐ ☐	☐	☐
Dairy	☐ ☐	☐	
Fats, Sweets	☐ ☐ ☐ ☐	☐ ☐	☐ ☐
Water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		

Daily Food/Water Tracker

	1200	1600	2000
Grains	☐ ☐ ☐ ☐ ☐	☐	☐ ☐
Protein	☐ ☐ ☐ ☐	☐	☐
Vegetable	☐ ☐ ☐	☐	☐
Fruit	☐ ☐	☐	☐
Dairy	☐ ☐	☐	
Fats, Sweets	☐ ☐ ☐ ☐	☐ ☐	☐ ☐
Water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		

Daily Food/Water Tracker

	1200	1600	2000
Grains	☐ ☐ ☐ ☐ ☐	☐	☐ ☐
Protein	☐ ☐ ☐ ☐	☐	☐
Vegetable	☐ ☐ ☐	☐	☐
Fruit	☐ ☐	☐	☐
Dairy	☐ ☐	☐	
Fats, Sweets	☐ ☐ ☐ ☐	☐ ☐	☐ ☐
Water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		

Daily Food/Water Tracker

	1200	1600	2000
Grains	☐ ☐ ☐ ☐ ☐	☐	☐ ☐
Protein	☐ ☐ ☐ ☐	☐	☐
Vegetable	☐ ☐ ☐	☐	☐
Fruit	☐ ☐	☐	☐
Dairy	☐ ☐	☐	
Fats, Sweets	☐ ☐ ☐ ☐	☐ ☐	☐ ☐
Water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐		