



# Nutrition and Hydration Log

Date: \_\_\_\_\_

(S) (M) (T) (W) (T) (F) (S)

## Today's Meals

8:00am	
8:30am	
9:00am	
9:30am	
10:00am	
10:30am	
11:00am	
11:30am	
12:00pm	
12:30pm	
1:00pm	
1:30pm	
2:00pm	
2:30pm	
3:00pm	
3:30pm	
4:00pm	
4:30pm	
5:00PM	
5:30PM	
6:00PM	

## Water Intake (glasses/liters)

●	
●	
●	

## Vitamins and Supplements Taken

●	
●	
●	

## Notes/ Reminders