



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

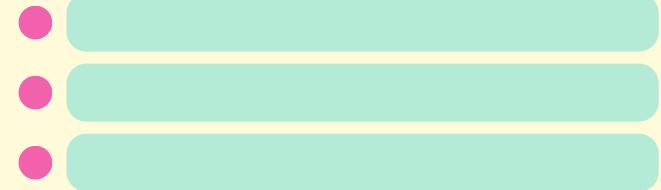
4:30pm

5:00PM

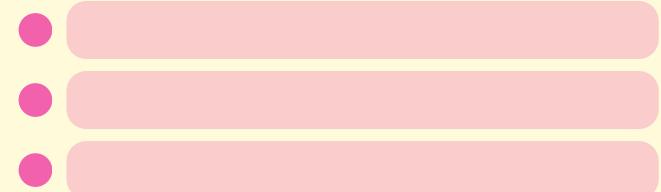
5:30PM

6:00PM

Water Intake (glasses/liters)



Vitamins and Supplements Taken



Notes/ Reminders