OUR LOW-SO & BOHO LIFE

# Daily Sodium & Food Journal

Track what you actually eat and drink, including serving sizes and sodium in milligrams.

| Date: _____ | Daily sodium goal: _____ mg |
|---|---|

| Meal / Drink | Food or Beverage | Serving Size | Sodium (mg) |
|---|---|---|---|
| **Breakfast** | | | |
| **Breakfast** | | | |
| **Morning Snack** | | | |
| **Beverage** | | | |
| **Lunch** | | | |
| **Lunch** | | | |
| **Afternoon Snack** | | | |
| **Beverage** | | | |
| **Dinner** | | | |
| **Dinner** | | | |
| **Evening Snack** | | | |
| **Beverage** | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| Total sodium: _____ mg | Goal: _____ mg | Remaining: _____ mg |
|---|---|---|

| Notes, wins, or things to remember tomorrow: |
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| |
| |

**Quick reminder**

Check the serving size first, then record the actual sodium milligrams for the amount you ate or drank.

**“One choice at a time. One day at a time. You can do this.”**