



**TRI·HEALTH**

WELLNESS CENTRE

Nutrition & Lifestyle Tracker -- Drs. Jason & Maria Granzotto ND

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Fluid Intake							
Bowel Movements (color, odor, undigested food)							
Mood (10=best)							
Exercise							
Energy (10=best)							