

WELLNESS REFOCUSED

Coaching

LOOKING AT HEALTH THROUGH A DIFFERENT LENS

INITIAL MEAL TRACKING

THE PURPOSE OF THIS IS TO SEE WHAT DAILY DIET LOOKS LIKE NATURALLY. YOU MAY BE MAKING HEALTHY CHOICES AND NOT REALIZING IT. YOU MAY ALSO BE CONSUMING MORE THAN YOU REALIZED AS WELL. THIS ALSO HELPS US DETERMINE WHERE IT'S APPROPRIATE TO MAKE NUTRITIONAL CHANGES.

Meal 1	
Meal 2	
Meal 3	
Meal 4	
Meal 5	
Total Water consumed	

Fill in based on what a food primarily is – this is just to get estimates. For example: nuts are primarily a fat or oatmeal is primarily a grain.

Total Fats		Protein	
Vegetables		Sodium	
Fruits		Sugar	
Grains			
Fiber Total			