

Yoga 4 Love's Health and Wellness Tracker - Nutrition

Week of _____ Year _____

BASICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water							
Fruits							
Vegetables							
Juice Plus+, Supplements							
MEAL JOURNAL	*	*	*	*	*	*	*
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

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Fruits							
Vegetables							
Juice Plus+, Supplements							

*Track your daily intake of protein, carbohydrates, or fats in this area in the form of grams, calories, etc.

Life Balance Tracker - Meditation/ Yoga / Daily Activities

Yoga4Love.net _____

Year _____

Notes:

