

Daily Fat and Nutrition Tracker

My Daily Goal

Date: _____

Morning

MORNING GOAL

HOW DID YOU FEEL TODAY?



FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT



Afternoon

AFTERNOON GOAL

HOW DID YOU FEEL TODAY?



FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT



Evening

EVENING GOAL

HOW DID YOU FEEL TODAY?



FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT



Total Daily Grams of Fat



* For more information, resources, and fact sheets, please visit KnowYourTGs.com.