



One-on-One Premium Food Coaching

Success Tracker & Food Journal

Date: _____

Tracking Nutrition And Progress

Water Intake:
Women: 80-100oz
Men: 100- 130oz

Breakfast: _____ Time: _____

Mid Morning Snack: _____ Time: _____

Lunch: _____ Time: _____

Afternoon Snack: _____ Time: _____

Dinner: _____ Time: _____

Evening Snack: _____ Time: _____

“Win” List

- 1) Exercise completed: Yes / No
- 2) Vitamins and Supplements Taken: Yes / No
- 3) Consumed at least 5 small meals: Yes / No
- 4) Consumed at least 10 glasses of water: Yes / No
- 5) Planned tomorrow’s schedule, nutrition, and exercise: Yes / No

Notes and Things “To Do”

Daily Motivation: “Nothing tastes as good as being in great shape feels!”