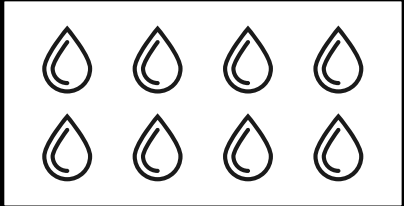
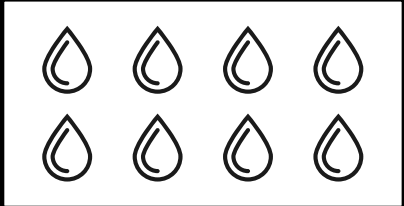
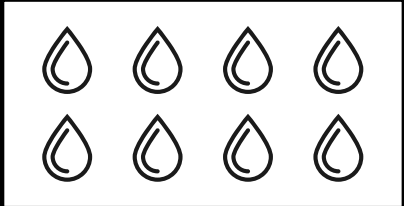
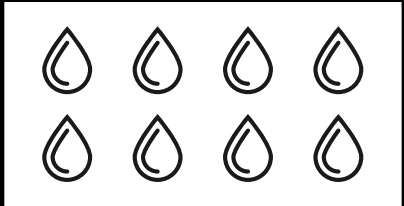
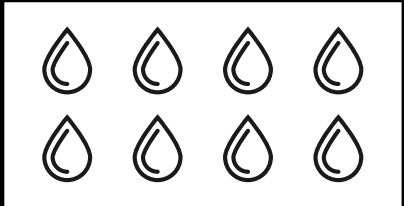
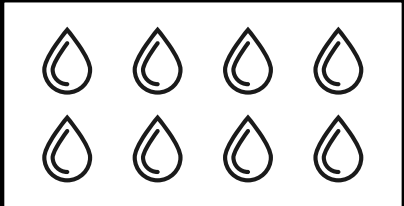
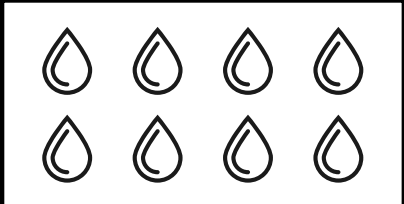


MINDFUL FOOD & HABIT TRACKER

Week : _____ Month : _____

Day	Meals & snacks	Other: (Mood, GI symptoms, exercise, Hunger-fullness scale)	Water tracker
Mon	Breakfast Lunch Dinner Snacks		
Tues	Breakfast Lunch Dinner Snacks		
Wed	Breakfast Lunch Dinner Snacks		
Thurs	Breakfast Lunch Dinner Snacks		
Fri	Breakfast Lunch Dinner Snacks		
Sat	Breakfast Lunch Dinner Snacks		
Sun	Breakfast Lunch Dinner Snacks		

HOW CAN MINDFUL FOOD TRACKING BE BENEFICIAL?

1

Jotting down your daily intake can bring awareness to your personal eating habits & food choices.

2

Mindful food tracking helps you understand and respond to your hunger cues more effectively. It can reveal if you're missing out on a food group, how certain foods make you feel, and whether you need to work on portion control, among other insights.

3

This is a great tool to share with a Dietitian to discuss personalized wellness goals!

Hungry for more information? Keep up with blog posts and nourishing recipes at

www.doseofnutrition.com



@adoseofnutrition