Dr. Jessica Liu ND
helping families grow in health

WEEK: _____

Nutrition & Lifestyle Tracker

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Lunch							
Dinner							
Snacks							
Fluid intake							
Bowel Movements (colour, consistency, undigested food, odour)							
Mood							
Exercise							
Energy (1-10)							