

Month: _____

Meal & Snack Tracker

Wellness Corner
www.wellnesscorner.ca



MEALS & SNACKS:

DATE:	DAY:	B	S	L	S	D	S	W	DAILY NOTES: (A little note around why the day was good / not so good)
	1								
	2								
	3								
	4								
	5								
	6								
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	26								
	27								
	28								

How to use this tracker: Decide if a meal was reasonably good or if it could have been better (I know you know 😊). For a good meal or snack highlight with green. For a meal that was not as on track as you would have liked used highlight pink. This shows the contrast at a glance so you can easily see which side you are leaning towards.
B = Breakfast L = Lunch D = Dinner S = Snack W = Total Daily Water