








# Fiber-Rich Habits & Hydration Tracker

WEEK OF \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
<u>Fiber-Rich Breakfast</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Fiber-Rich Lunch</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Fiber-Rich Dinner</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Fiber-Rich Snacks</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Fiber-Rich Sweets</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## HYDRATION

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

What were your favorite meals this week?

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Did you notice changes in your physical health, mood, or energy levels?

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# Fiber-Rich Habits & Hydration Tracker

WEEK OF \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
<u>Fiber-Rich Breakfast</u>	●	●	●	●	●	●	●
<u>Fiber-Rich Lunch</u>	●	●	●	●	●	●	●
<u>Fiber-Rich Dinner</u>	●	●	●	●	●	●	●
<u>Fiber-Rich Snacks</u>	●	●	●	●	●	●	●
<u>Fiber-Rich Sweets</u>	●	●	●	●	●	●	●

## HYDRATION

MONDAY	●	●	●	●	●	●	●	●	●
TUESDAY	●	●	●	●	●	●	●	●	●
WEDNESDAY	●	●	●	●	●	●	●	●	●
THURSDAY	●	●	●	●	●	●	●	●	●
FRIDAY	●	●	●	●	●	●	●	●	●
SATURDAY	●	●	●	●	●	●	●	●	●
SUNDAY	●	●	●	●	●	●	●	●	●

## REFLECTION

What were your favorite meals this week?

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Did you notice changes in your physical health, mood, or energy levels?

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