



CHECK OFF WHAT YOU ATE



Nutrient Tracker

Daily & weekly food-first accountability sheet

3-PAGE TRACKER

INSIDE THIS GUIDE

- 6 core nutrients (protein, omega-3, D, magnesium, fiber, electrolytes)
- Daily food checklists — 8 sources per nutrient
- 5-star scorecard + reflection prompts
- Weekly progress grid (7-day view)
- Print 7 copies + keep on the fridge

BEST FOR

Anyone chasing nutrients from food before reaching for supplements.

COACH'S TIP

*Name 3 whole foods in every meal.
The tracker proves you did.*



Daily Nutrient Tracker · Page 2

Keep checking — magnesium, fiber & electrolytes

M MAGNESIUM

TARGET: 310-420mg DAILY

- | | | | |
|---|--|---|---|
| ☐ Dark chocolate
1 oz = 65mg | ☐ Almonds
1 oz = 80mg | ☐ Spinach cooked
1 cup = 157mg | ☐ Avocado
1 whole = 58mg |
| ☐ Pumpkin seeds
1 oz = 150mg | ☐ Black beans
1 cup = 120mg | ☐ Cashews
1 oz = 82mg | ☐ Banana
1 medium = 32mg |

TODAY I HAD: _____

F FIBER

TARGET: 25-38g DAILY

- | | | | |
|--|---|--|--|
| ☐ Chia seeds
2 tbsp = 10g | ☐ Raspberries
1 cup = 8g | ☐ Black beans
1 cup = 15g | ☐ Avocado
1 whole = 10g |
| ☐ Oats cooked
1 cup = 4g | ☐ Broccoli
1 cup = 5g | ☐ Pear (skin)
1 medium = 6g | ☐ Lentils
1 cup = 15g |

TODAY I HAD: _____

E ELECTROLYTES (Na · K · Mg)

DAILY · MORE ON SWEATY DAYS

- | | | | |
|--|---|--|---|
| ☐ Coconut water
nature's Gatorade | ☐ Banana
422mg K | ☐ Sea salt + lemon
DIY option | ☐ Watermelon
85% water + K |
| ☐ Sweet potato
540mg K | ☐ Spinach
Mg + K | ☐ Yogurt
Na + K + Ca | ☐ Bone broth
Na + minerals |

TODAY I HAD: _____

HOW DID I DO TODAY?

PROTEIN

OMEGA-3

VIT D

MAGNESIUM

FIBER

ELECTROLYTES



Rate each 1-5 stars based on how well you hit today's target

TODAY'S WIN + TOMORROW'S GOAL

ONE WIN TODAY:

ONE GOAL TOMORROW:

★ COACH'S TIP

Print 7 copies for a week — habit forms around day 21. Real food beats pills, every time.





Weekly Nutrient Tracker

One glance = the whole week. Track how consistent you are.

WEEK STARTING:

OVERALL GOAL:

NUTRIENT	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN
● Protein	Hit 80-100g?	☐	☐	☐	☐	☐	☐	☐
● Omega-3s	Fish or seeds?	☐	☐	☐	☐	☐	☐	☐
● Vitamin D	Sun + food?	☐	☐	☐	☐	☐	☐	☐
● Magnesium	Greens or seeds?	☐	☐	☐	☐	☐	☐	☐
● Fiber	25g+?	☐	☐	☐	☐	☐	☐	☐
● Electrolytes	Salt + K?	☐	☐	☐	☐	☐	☐	☐
● Water	64+ oz?	☐	☐	☐	☐	☐	☐	☐
● Movement	20+ min?	☐	☐	☐	☐	☐	☐	☐

WEEKLY REFLECTION

MY BIGGEST WIN THIS WEEK:

MY BIGGEST STRUGGLE:

ONE CHANGE FOR NEXT WEEK:

★ YOU DON'T HAVE TO BE PERFECT ★

You just have to be consistent. 3 checks a day beats 8 checks once a week.

