



Naturopathic Foundations

Name: _____ Date: _____

Tracking Sheet

Date	Breakfast	Fruit / Veg	Protein	Grains	Wheat	Dairy	Glasses of water / tea	Detox	Exercise	Sleep			Comments about the day
Target													
M													
T													
W													
T													
F													
S													
S													
Tot/Avg													
Target													
M													
T													
W													
T													
F													
S													
S													
Tot/Avg													
Target													
M													
T													
W													
T													
F													
S													
S													
Tot/Avg													