

The Nutritional Tracker System

THE TRACKER SYSTEM			Date:		
What I plan to eat			What I actually ate		
time	food	checklist	time	food	checklist
breakfast meal 1		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O	breakfast meal 1		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O
morning tea meal 2		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O	morning tea meal 2		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O
lunch meal 3		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O	lunch meal 3		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O
afternoon tea meal 4		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O	afternoon tea meal 4		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O
dinner meal 5		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O	dinner meal 5m		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O
supper meal 6		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O	supper meal 6		<input type="checkbox"/> protein <input type="checkbox"/> carbs <input type="checkbox"/> vegies / fruits <input type="checkbox"/> 1 to 2 H2O

Your Notes:

More handy tips:

- Take 5 minutes each day / night to plan your meal intake for the following day / night at work
- If you are having trouble sticking to this new system, ask your team mate to hold you accountable
- Leave reminder slips at your work to jog your memory to eat regularly
- Set your alarm on your mobile phone or better still take an alarm clock to work and program it to go off every two to three hours (reminder to eat)
- Stick with it All new habits or routines do take time
- Use the 'Your Notes' section to record your progress. Think of it as a diary system. You can always refer back to it and get good ideas and further motivation and inspiration
- Do not aim for perfection but aim for progression
- Get a team together so that you can all support one another and get ideas / tips to further improve
- Get educated on nutrition—read books, listen to tapes or take a nutrition class
- Inspire the youth of today—give your kids this simple Tracking System. It will even help them with their personal eating habits and time management skills

Add your own tips to re-enforce your positive habits (write it down, write it down & write it down)
