



Daily Carb, Cholesterol & Calorie Tracker

Date: _____

Daily Goals:

Calories: _____ Carbs (g): _____ Cholesterol (mg): _____ Water (oz): _____

Meal	Food / Drink	Portion Size	Calories	Carbs (g)	Cholesterol (mg)	Notes
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Dessert						

Daily Totals:

Total Calories: _____

Total Carbs: _____ g

Total Cholesterol: _____ mg

Water Intake: _____ oz

End-of-Day Check-In

Hunger level (1–10): _____

Energy level (1–10): _____

Cravings today?: _____

Exercise / Activity: _____

Weight (optional): _____