

# NUTRITION GOALS TRACKER

List one or two nutrition-related changes you will make this month in the boxes below. Each day you accomplish your goal, place a checkmark in the corresponding box under the day of the month. An extra box has been provided for a fitness related goal.

Month:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

The best goals are attainable and measurable. For example, instead of “eat more protein,” say, “eat 30 grams of protein at breakfast.” If 80 percent or more of the boxes are checked for a specific goal during the month, it is probably safe to say that you have accomplished that goal and can move on to something else. Otherwise, head back to the drawing board to determine what barriers got in your way and re-strategize. Keep the goal on the board for another try.

