

Daily Fat and Nutrition Tracker



My Daily Goal

Date: _____



Morning

HOW DID YOU FEEL TODAY?



HAPPY



PROUD



CALM



TIRED



SAD



SICK



FRUSTRATED



ANGRY

MORNING
GOAL

FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS
OF FAT

Afternoon

HOW DID YOU FEEL TODAY?



HAPPY



PROUD



CALM



TIRED



SAD



SICK



FRUSTRATED



ANGRY

AFTERNOON
GOAL

FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS
OF FAT

Evening

HOW DID YOU FEEL TODAY?



HAPPY



PROUD



CALM



TIRED



SAD



SICK



FRUSTRATED



ANGRY

EVENING
GOAL

FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS
OF FAT
FCS focus

Total Daily Grams of Fat

* For more information, resources, and fact sheets, please visit [KnowYourTGS.com](https://www.knowyourtgs.com).