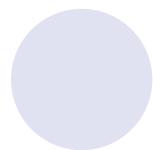


# Daily Fat and Nutrition Tracker



My Daily Goal

Date: \_\_\_\_\_



Morning

HOW DID YOU FEEL TODAY?



FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT



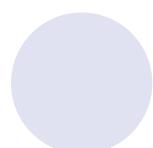
Afternoon

HOW DID YOU FEEL TODAY?



FOOD ITEM	SERVING SIZE	GRAMS OF FAT

TOTAL GRAMS OF FAT



Evening

HOW DID YOU FEEL TODAY?



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](http://KnowYourTGs.com).

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