

Daily Tracking for ___/___/___

Refer to the Nutrisystem Program Guide to find out where to add in your daily grocery add-ins on your specific program.

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

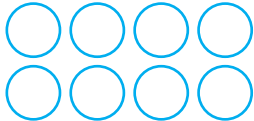
Vegetables

Mark 1 circle for each serving



Water

Mark 1 circle for each 8oz. glass of water



Extras (optional)

Write in 1 Extra on each line

1. _____
2. _____
3. _____

My Daily 3

Write in one 10-minute activity on each line

1. _____
2. _____
3. _____

Daily Tracking for ___/___/___

Refer to the Nutrisystem Program Guide to find out where to add in your daily grocery add-ins on your specific program.

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

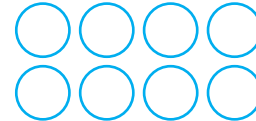
Vegetables

Mark 1 circle for each serving



Water

Mark 1 circle for each 8oz. glass of water



Extras (optional)

Write in 1 Extra on each line

1. _____
2. _____
3. _____

My Daily 3

Write in one 10-minute activity on each line

1. _____
2. _____
3. _____