




WELL-BEING
a tribe planted with purpose

 WELL-BEING a tribe planted with purpose	Food or Beverage Item	Serving Size (i.e. tablespoon, cup, ounce, fluid ounce)	Net Carbs (grams)	Protein (grams)	Fat (grams)	Today's Date How I am Feeling
Breakfast						
Lunch						
Dinner						
Snacks						
TOTALS						
Daily Water	Circle number of cups (8 fl oz): 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	Goal in grams				