

# 🎄 Holiday Food-Tracking Sheet 🎄



Name: \_\_\_\_\_

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

## 🎄 Meals & Snacks

| Time      | What I Ate | Portion Size | Protein<br>( or g) | Notes (Mood, Hunger Level) |
|-----------|------------|--------------|--------------------|----------------------------|
| Breakfast |            |              |                    |                            |
| Snack     |            |              |                    |                            |
| Lunch     |            |              |                    |                            |
| Snack     |            |              |                    |                            |
| Dinner    |            |              |                    |                            |
| Dessert   |            |              |                    |                            |

## 🎄 Holiday Tips to Remember

- **Focus on Protein First 🍖:** Start with lean meats, eggs, or plant-based protein.
- **Mindful Portions 🎁:** Use small plates and savor each bite.
- **Hydrate 💧:** Aim for at least 64 oz of water; track below!

## 🎄 Hydration Tracker

💧 Glasses of water (8 oz each): Circle each as you go!

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## Daily Affirmation ☀️

"I celebrate progress, not perfection. Every mindful choice is a step toward my goals."

## Reflection ☀️

What went well today? \_\_\_\_\_

What could I improve? \_\_\_\_\_