

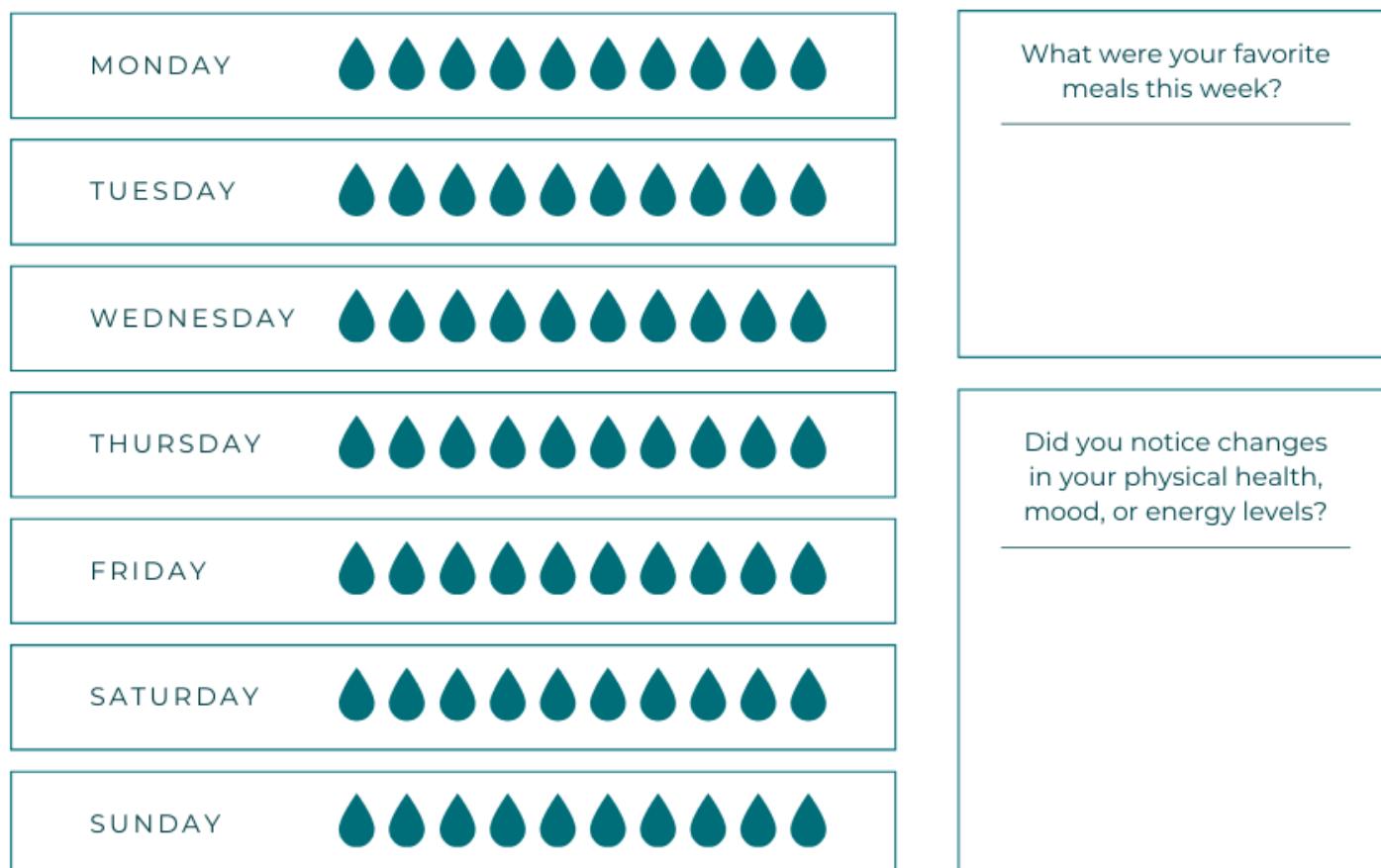
Fiber-Rich Habits & Hydration Tracker

WEEK OF _____

MON TUE WED THU FRI SAT SUN

<u>Fiber-Rich Breakfast</u>	<input type="radio"/>						
<u>Fiber-Rich Lunch</u>	<input type="radio"/>						
<u>Fiber-Rich Dinner</u>	<input type="radio"/>						
<u>Fiber-Rich Snacks</u>	<input type="radio"/>						
<u>Fiber-Rich Sweets</u>	<input type="radio"/>						

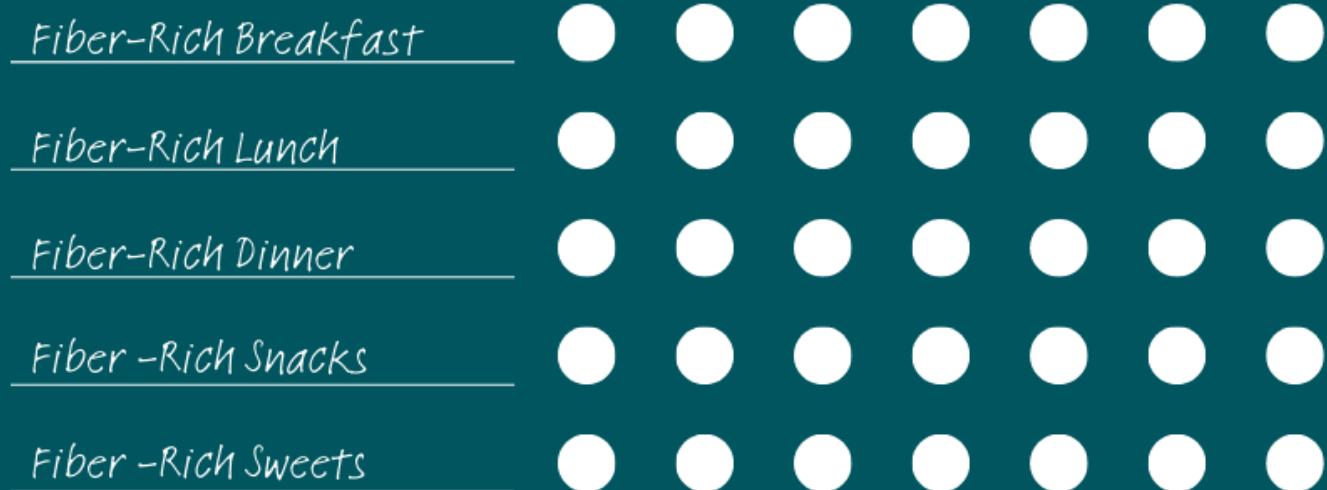
HYDRATION



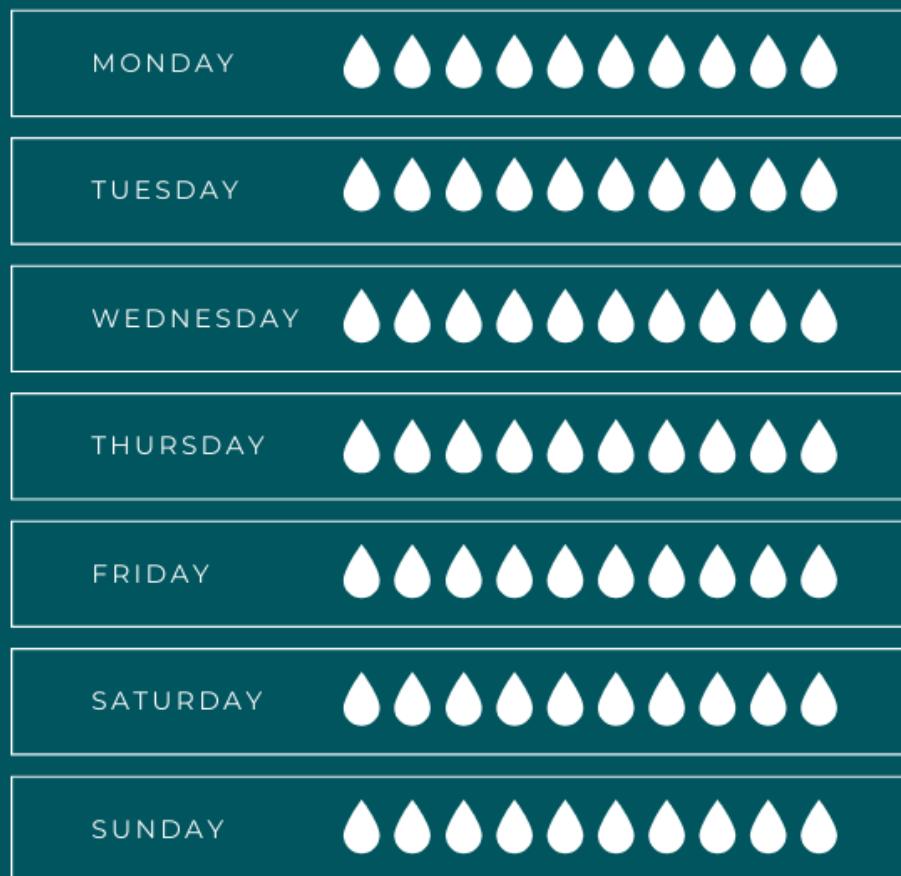
Fiber-Rich Habits & Hydration Tracker

WEEK OF _____

MON TUE WED THU FRI SAT SUN



HYDRATION



REFLECTION

What were your favorite meals this week?

Did you notice changes in your physical health, mood, or energy levels?