

# MACRO TRACKING TEMPLATE

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

Meal / Snack	Carbohydrates (g)	Protein (g)	Fats (g)	Total Calories
Breakfast				
Snack 1				
Lunch				
Snack 2				
Dinner				
Total				

## Daily Macro Goals:

- Carbohydrates: \_\_\_\_\_ g
- Protein: \_\_\_\_\_ g
- Fats: \_\_\_\_\_ g
- Calories: \_\_\_\_\_ kcal

This template allows you to fill in your macros for each meal and compare them to your daily goals, making it easier to stay on track with your nutrition. Sticking to your nutrition goals is a journey of self-care and growth. Remember, every small step you take is progress. You're building habits that will lead to a healthier, stronger you, and it's okay to have ups and downs along the way. Stay focused on the big picture, celebrate your successes, and be kind to yourself during the tougher moments. You have the strength and determination to see this through—keep going, you've got this!