

6-Day Weekly MicroNutrient Tracker

M	Serving:	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
	Raw Veg								
	Serving:	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
	Cooked Veg								
	Serving:	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
	Seeds								
	Serving:	¾ cup		¾ cup		¾ cup		¾ cup	
	Fruit								
	Serving:	½ cup		½ cup		½ cup		½ cup	
Bean/legumes									
T	Serving:	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
	Raw Veg								
	Serving:	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
	Cooked Veg								
	Serving:	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
	Seeds								
	Serving:	¾ cup		¾ cup		¾ cup		¾ cup	
	Fruit								
	Serving:	½ cup		½ cup		½ cup		½ cup	
Bean/legumes									
W	Serving:	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
	Raw Veg								
	Serving:	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
	Cooked Veg								
	Serving:	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
	Seeds								
	Serving:	¾ cup		¾ cup		¾ cup		¾ cup	
	Fruit								
	Serving:	½ cup		½ cup		½ cup		½ cup	
Bean/legumes									

Use a pen or pencil to “checkmark” or shade in the number of servings of each designated food category consumed each day outlined. This is primarily a tracking device to observe what your intake is. If desired, it can be used to help an individual “compete with oneself” to checkmark more of or all the servings.

