

Weekly Dose Tracker!



Use this sheet to track daily doses of Inulin, Fish Oil and Olive Oil to ensure you don't miss a dose! Circle each item as soon as you administer it!
 Use the bottom section to make notes about any health issues (fevers, rashes) and to record any observations and/or concerns you may have.
 Use the smiley faces to denote if it was a good day, bad day or neutral day.

Month # _____	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	Inulin Fish Oil Olive Oil 						
WEEK 2	Inulin Fish Oil Olive Oil 						
WEEK 3	Inulin Fish Oil Olive Oil 						
WEEK 4	Inulin Fish Oil Olive Oil 						

Please use the section below to record any specific gains or setbacks for each week.

Notes: _____
