

My Sodium and Meal Log

Use this log to track your sodium intake. If your healthcare provider wants you to track other information (such as fluid, fat, or carbohydrates), use the "Notes" section.

Date:

Meal	Food Eaten	Amount	Sodium (mg)	Notes
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Total Sodium:				

My Sodium Goal: I can eat no more than _____ mg per day.

My Fluid Goal: I can have _____ of fluid per day.