

Dr. Davis Infinite Health Lifestyle Daily Log

Date: _____

What is on your Health To Do List Today? (Your Just for Today Goals):

Time:	Foods and Beverages Today: <small>** Aim for 15 net carbs per meal or less **</small>	Net Carb Count:

Dr. Davis Infinite Health Lifestyle Daily Log

Morning Supplements:

- Vitamin D3
- Fish Oil
- Magnesium
- Iodine/Kelp

Evening Supplements:

- Fish Oil
- Magnesium
- PrObiotic

Others:

Prebiotic Fibers Used Today:	Amount of Fiber:

How was your sleep last night?

How did you feel today? Comments and observations about your day:

Notes on Non Scale Victories Noticed:

What brought you joy today? What are you grateful for?

What can you fine tune tomorrow? Add it to tomorrow's health to do list! 😊