

You only need to track your sodium for **ONE DAY** to meet this month's Health Challenge™. But if you find it useful, you can track your sodium for the whole month using this log.

HEALTH CHALLENGE™ WEEK ONE					Aim for 1,500 mg daily or less	
Track Your Sodium (Salt) Intake						
DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/ Under	
SUN.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
MON.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
TUES.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
WED.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
THURS.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
FRI.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
SAT.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					

HEALTH CHALLENGE™ WEEK TWO					Aim for 1,500 mg daily or less	
Track Your Sodium (Salt) Intake						
DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/ Under	
SUN.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
MON.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
TUES.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
WED.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
THURS.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
FRI.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					
SAT.	Breakfast					
	Lunch					
	Dinner					
	Snack(s)					

HEALTH CHALLENGE™ WEEK THREE

Track Your Sodium (Salt) Intake

Aim for  
1,500 mg  
daily or less

DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/Under
SUN.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
MON.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
TUES.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
WED.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
THURS.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
FRI.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
SAT.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				

HEALTH CHALLENGE™ WEEK FOUR

Track Your Sodium (Salt) Intake

Aim for  
1,500 mg  
daily or less

DAY	MEAL	FOOD(S)	SODIUM/mg	DAILY TOTAL	Over/Under
SUN.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
MON.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
TUES.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
WED.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
THURS.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
FRI.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				
SAT.	Breakfast				
	Lunch				
	Dinner				
	Snack(s)				