Abi Cole
AESTHETICS

FOOD & HYDRATION AWARENESS TRACKING



NOURISH YOUR BODY. ENHANCE YOUR RESULTS

Good nutrition and hydration play a vital role in your treatment results, recovery and overall well-being. Use this tracker to become more aware of your daily habits and make choices that support your goals.

WHY NUTRITION & HYDRATION MATTER

- Supports healing and recovery
- Boosts immunity and energy
- Improves digestion and reduces bloating
- Enhances skin health and glow
- Supports healthy weight management

DAILY FOOD TRACKER

Be mindful of what you eat and how it makes you feel.

BREAKFAST

LUNCH

DINNER

SNACKS

NOTES How did my food choices make me feel?

DAILY HYDRATION TRACKER

Track your water intake goal: 2-3 litres daily

TOTAL INTAKE (ML)	GOAL MET?

OTHER DRINKS

Include tea, coffee, herbal teas, etc.

DRINK	AMOUNT	TIME

TIP: Carry a water bottle with you and sip consistently throughout the day.

DAILY HABIT CHECKLIST

Small daily habits lead to big results.

- [ ] I ate balanced, whole foods today
- [ ] I included plenty of vegetables
- [ ] I avoided excessive sugar and processed foods
- [ ] I drink enough water
- [ ] I avoided alcohol or limited it
- [ ] I stayed active
- [ ] I got enough rest

OTHER NOTES

WEEKLY OVERVIEW

Review your week and celebrate your wins!

DAY	FOOD CHOICES	HYDRATION	HOW I FELT	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WINS THIS WEEK: _____ WHAT I CAN IMPROVE: _____

BUILD A BALANCED PLATE

A simple guide for every meal.



TIP: Focus on progress, not perfection

BE KIND TO YOUR BODY

Nourish it well, hydrate consistently and move daily. You're investing in you.

- HYDRATE DAILY
- EAT NOURISHING FOOD
- MOVE YOUR BODY
- REST & RECOVER

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

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Believe in your Progress!