

FUEL · PILLAR SERIES

THE PILLARS OF NUTRITION DAILY TRACKER

Score yourself every day. Check what you did, tally each pillar, and watch the trend – consistency beats perfection.

01 FUEL THE WORK __ / 5

- [ ] Ate breakfast
- [ ] Ate 3+ balanced meals today
- [ ] Ate a pre-training snack
- [ ] Ate a recovery meal or snack within 60 minutes after training
- [ ] Ate enough to support my activity level today

02 WIN THE MACRO BATTLE __ / 5

- [ ] Hit my protein target
- [ ] Included protein at every meal
- [ ] Ate carbohydrates before or after training
- [ ] Included healthy fats throughout the day
- [ ] Built balanced meals (protein + carbs + colour)

03 EAT THE RAINBOW __ / 4

- [ ] Ate vegetables today
- [ ] Ate fruit today
- [ ] Ate 3+ different colours of produce
- [ ] Had at least 5 servings of fruits and vegetables

04 HYDRATE LIKE AN ATHLETE __ / 6

- [ ] Drank water upon waking
- [ ] Brought a water bottle with me
- [ ] Drank water during training
- [ ] Rehydrated after training
- [ ] Consumed 3–4 L of fluids today
- [ ] Urine colour stayed pale yellow

DAILY TESTIFY SCORE

HOW DID YOU FUEL TODAY?

Fuel the work	__ / 5
Win the macro battle	__ / 5
Eat the rainbow	__ / 4
Hydrate like an athlete	__ / 6