

PRINTABLE METABOLIC TRACKER

Use this daily tracker to stay consistent and monitor your metabolism-boosting habits.

DAILY TRACKING (copy for 30 days):

- Date: _____
- Wake-up Time: _____
- Morning Water (Yes/No): _____
- Movement Completed (Yes/No): _____
- Protein-Rich Meals (Yes/No): _____
- Sugar Avoided (Yes/No): _____
- Energy Level (1-10): _____
- Sleep Hours: _____
- Notes: _____

Print multiple copies or duplicate for your 30-day reset.

- MetabolismBoostLab