

Dietary Adherence Tracker

Supports ultra low-fat eating without judgment

Purpose

This tool is about patterns, not perfection. It helps identify triggers and successes.

Daily Food & Symptom Tracker

| Date | Meals/Snacks (very low-fat) | Estimated Fat Intake | Symptoms Noted | Notes/Triggers |
|------|--------------------------------|----------------------|----------------|----------------|
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Weekly Reflection

What went well this week? _____

What felt hardest? _____

Any symptoms linked to food or stress? _____

Important reminder

Symptoms can occur even with perfect adherence—this is not a personal failure.