

 Z E N O V A W E L L N E S S 

# Supplement Routine Tracker

*Stay consistent. Stay intentional.*

**Name:**

**Month:**

**Week #:**

*"Consistency is the secret ingredient in every wellness routine." *

Welcome to your personal supplement tracking companion from Zenova Wellness. Keeping a record of your supplement practice is one of the most empowering things you can do for your wellness journey — it helps you notice patterns, celebrate consistency, and stay connected to the intention behind each capsule, powder, or drop you take. This tracker is designed to help you stay consistent week after week, giving you a clear picture of your routine over time. It also serves as a useful reference when you choose to discuss your supplement practice with a healthcare professional, empowering you to have informed, grounded conversations about your health. Your wellness is a practice, not a destination — and this tracker is here to support every intentional step forward.



Supplement Name	Form	Dose	Timing	Purpose (Your Goal)	Recommended By	Notes

*Form options: capsule / tablet / powder / liquid / gummy / softgel / other | Timing options: wake / with breakfast / mid-morning / with lunch / mid-afternoon / with dinner / before bed*

 **Reminder**

Always keep your healthcare provider informed about all supplements you are taking, including any changes you make to your routine. This profile is for your personal reference only.

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 SECTION 3

## Daily Supplement Log — 30 Days

Write the name of each supplement in the column headers below, then mark each day with a checkmark ✓ when taken, or leave blank if missed. Use the Notes column to capture anything useful — "took with food," "forgot evening dose," "felt energized," or anything else worth remembering. Designed to help you stay consistent, one day at a time. ✨






Day	Date	Supplement 1	Supplement 2	Supplement 3	Supplement 4	Supplement 5	Supplement 6	Supplement 7	Supplement 8	Supplement 9	Supplement 10	Notes
		—	—	—	—	—	—	—	—	—	—	
		—	—	—	—	—	—	—	—	—	—	
		—	—	—	—	—	—	—	—	—	—	
28												
29												
30												

✓ = Taken | ✗ = Missed | ~ = Partial dose | Leave blank if skipped. Your supplement practice is yours — every entry is a step forward.

 SECTION 4

## Supplement Timing Schedule ✨

Use this reference card to map out exactly when you take each supplement throughout the day. Consistent timing can help make your supplement practice feel like a natural part of your wellness ritual. Fill in your supplement names in the spaces provided, then keep this page visible as a daily reminder.

Time of Day	Timing Slot	Supplement(s) — Write Name & Dose	Notes / Reminder
 Morning	Upon waking (empty stomach)		
With breakfast			
Mid-morning (10–11am)			
 Afternoon	With lunch		
Mid-afternoon (3–4pm)			
 Evening	With dinner		

Time of Day	Timing Slot	Supplement(s) — Write Name & Dose	Notes / Reminder
Before bed (30–60 min)			

## Timing Tips for Your Supplement Practice

- **Link supplements to existing habits.** Pairing your supplement with something you already do — like brewing coffee, brushing your teeth, or eating a meal — makes it easier to remember and builds a lasting ritual.
- **Fat-soluble vitamins are often best with food.** If you take vitamins like A, D, E, or K, taking them alongside a meal that includes some healthy fats may support how your body absorbs them. Check with your healthcare provider for personalized guidance.
- **Some supplements may be best taken separately.** Certain minerals may compete for absorption when taken together. Your healthcare provider or a registered dietitian can help you build an optimized timing plan.
- **Consistency matters more than perfection.** Taking your supplements at the same time each day — even if the timing isn't perfectly optimal — helps build the habit. Routine is the foundation of your wellness practice.
- **Hydrate with each dose.** A full glass of water helps your body process supplements more comfortably and supports overall wellness.
- **Keep this schedule visible.** Place it on your kitchen counter, bathroom mirror, or take a photo for your phone. Out of sight, out of mind — make your routine part of your environment.

### Gentle Reminder

Timing suggestions here are for general informational and personal tracking

purposes only. Always follow the guidance on supplement labels and consult your healthcare provider about optimal timing for your specific routine.

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 SECTION 5

## Weekly Adherence Review

Set aside a few quiet minutes each week — Sunday evenings work beautifully — to review how your supplement practice unfolded over the past seven days. Celebrate what went well. Reflect gently on what was challenging. This section is intended for personal tracking and noticing patterns, not for judgment. ✨

 **Week 1** | **Dates:** \_\_\_\_\_ **to**

\_\_\_\_\_

**Total doses planned this week:**

**Total doses taken:**

**Adherence rate this week:**

**Supplements missed most often:**

**Primary reason for missed doses:**

**How did your supplement consistency correlate with your overall wellbeing this week?**

**Any reactions, sensations, or observations to note?**

**My intention for next week:**

 **Week 2** | **Dates:** \_\_\_\_\_ **to**

\_\_\_\_\_

**Total doses planned this week:**

**Total doses taken:**

**Adherence rate this week:**

**Supplements missed most often:**

**Primary reason for missed doses:**

**How did your supplement consistency correlate with your overall wellbeing this week?**

**Any reactions, sensations, or observations to note?**

**My intention for next week:**

 **Week 3** | **Dates:** \_\_\_\_\_ **to**

\_\_\_\_\_

**Total doses planned this week:**

**Total doses taken:**

**Adherence rate this week:**

**Supplements missed most often:**

**Primary reason for missed doses:**

**How did your supplement consistency correlate with your overall wellbeing this week?**

**Any reactions, sensations, or observations to note?**

**My intention for next week:**





## Supplement Notes & Observations Log ✨

Use this log to record any notable experiences — positive, neutral, or worth watching — related to your supplement routine. This might include how you felt after starting a new supplement, a day you noticed an unusual sensation, or simply a moment of clarity you want to remember. These entries are designed to help you notice meaningful patterns over time.


Date	Supplement(s) Taken	Observation or Feeling	Time of Day	Additional Notes

Share any significant observations recorded here with your healthcare provider. Your notes may be a valuable part of an informed conversation about your supplement practice and your wellbeing.

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 SECTION 8

## Monthly Supplement Summary ✨

At the end of each month, take a few minutes to complete this summary. It's a beautiful opportunity to celebrate your consistency, acknowledge what was challenging, and set a clear intention moving forward. Your supplement practice grows stronger every time you choose to reflect. 

**Month being reviewed:**

**Total supplements in my current routine:**

**Average daily adherence rate this month:**

**Most consistent supplement this month:**

**Biggest adherence challenge this month:**

**Wellness patterns or correlations I noticed this month:**

**Changes I made to my supplement routine this month:**

**My supplement practice intention for next month:**

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# Supplement Routine Audit — Quarterly Reset

Every three months, it's a wonderful practice to step back and look at your supplement routine with fresh eyes. Use these reflective questions to evaluate what's serving you well, what might need updating, and where you want your wellness practice to go next. This audit is designed to support a thoughtful, informed conversation with your healthcare provider. ✨

✨ **Audit Date**

Completing this audit on: \_\_\_\_\_ Next audit planned:  
\_\_\_\_\_

**1. Which supplements am I consistently taking (above 80% adherence)?**

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**2. Which supplements am I frequently missing, and what's getting in the way?**

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**3. Have I noticed any changes — positive or otherwise — in the areas I set out to support?**

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**4. Has my healthcare provider reviewed my current supplement list in the past 3 months?**

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*If not, this is a great time to schedule a review. Your provider can help ensure your routine continues to align with your health picture.*

**5. Are there supplements I should consider adding to my routine?**

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**6. Are there supplements I should consider pausing or removing?**

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**7. How does my current supplement practice feel overall — sustainable, overwhelming, just right?**

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**8. My intention for the next quarter:**

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# Storage & Handling Notes

Storing your supplements properly helps maintain their quality and supports your overall wellness routine. The tips below are general best practices for supplement storage — always refer to the label on each product for manufacturer-specific guidance.

## General Storage Best Practices

- **Keep away from direct light.** Many supplements may degrade when exposed to prolonged sunlight or artificial light. A pantry, cupboard, or drawer away from windows is often a good choice.
- **Mind the heat.** Warm environments — like on top of the refrigerator, near the stove, or in a car — may affect the quality of certain supplements over time. A cool, stable-temperature location is generally preferred.
- **Watch for moisture.** Bathrooms, while convenient, can expose supplements to humidity from showers and baths. Unless a product is specifically designed for bathroom storage, a dry kitchen cupboard may be a better choice.
- **Keep caps tightly sealed.** Oxygen exposure can affect supplement quality over time. Always close containers firmly after each use.
- **Refrigeration when required.** Some probiotics, liquid supplements, and specialty products specify refrigeration. Check the label and refrigerate when indicated.
- **Keep out of reach of children.** Even wellness-focused supplements should be stored safely away from young children and pets.
- **Respect expiry dates.** Using supplements past their expiry date is not recommended. Track your expiry dates in the table below and set reminders to reorder before you run out.



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 CONTINUED — NOTES & REFLECTIONS

**Page 2 of Reflections** ✨

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*"Your supplement practice is one small, intentional act of care — repeated, day after day."*

 Zenova Wellness 

** Important Disclaimer — Please Read**

This tracker is for **personal wellness tracking purposes only** and does not constitute medical advice, diagnosis, or treatment. The content within this document — including all tables, prompts, tips, timing suggestions, and reflection questions —

is intended solely to help you organize and reflect on your personal supplement routine.

**No content in this tracker should be interpreted as a recommendation to start, stop, or change any supplement or medication.** Supplements may interact with medications and with each other. Individual needs, health conditions, and circumstances vary greatly.

**Always consult a qualified healthcare professional** — including your physician, pharmacist, or registered dietitian — before beginning any supplement regimen, making changes to an existing one, or if you have specific health concerns, are pregnant, breastfeeding, or managing a medical condition.

*Zenova Wellness does not make any diagnostic, therapeutic, or disease-prevention claims in connection with this tracker. Statements such as "may support," "intended for personal tracking," and "designed to help you notice" reflect personal wellness language only and do not imply any clinical or medical outcome.*