# Sodium (Salt) Tracker

*You will feel better and have better control over your heart failure if you* ***do not eat more than 1500-2000 mg of salt each day****. Each time you eat, write down what you eat and how much sodium it has, then subtract the total from your daily limit of 1500-2000 mg. Remember to include drinks.*

| **Sunday** Date: | | **Monday** Date: | | **Tuesday** Date: | | **Wednesday** Date: | | **Thursday** Date: | | **Friday** Date: | | **Saturday** Date: | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Food** | **Sodium** | **Food** | **Sodium** | **Food** | **Sodium** | **Food** | **Sodium** | **Food** | **Sodium** | **Food** | **Sodium** | **Food** | **Sodium** |
| **1500-2000 mg** | | **1500-2000 mg** | | **1500-2000 mg** | | **1500-2000 mg** | | **1500-2000 mg** | | **1500-2000 mg** | | **1500-2000 mg** | |
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