

TheKey to Tracking Nutrition

Your personal plan to Nourish & Hydrate



Nutrition and hydration are foundational to healthy aging. As we get older, appetite and thirst signals often become less reliable, taste and smell may shift, and metabolism can slow. These are normal physiological changes, but they mean that intentional nourishment matters more, not less. This is why

Nourish & Hydrate is a core pillar of TheKey's Balanced Care Method®. It supports every other pillar: movement requires fuel, cognitive engagement depends on metabolic health, sleep is influenced by diet and hydration, and mood is closely linked to nutritional stability.

At TheKey, Nourish & Hydrate are built into daily care plans to support strength, cognition, and overall well-being with:

- **Proactive, Integrated Hydration Routines**
Hydration is scheduled and monitored. Caregivers offer fluids regularly, adjust for medications and heat, and track intake to reduce the risk of dehydration. We coordinate with movement, sleep and medication timing to support energy, balance, and cognitive function throughout the day.
- **Observation and Early Escalation**
We track subtle changes such as decreased appetite, weight loss, and fatigue. We document and communicate concerns, allowing families, communities, and our care teams to respond before issues escalate.
- **Structured Meal Support**
Our caregivers help plan, prepare, and cue meals based on your preferences, dietary needs, and physician's guidance. This ensures consistent, nutrient-rich intake throughout the day.

Use this space to set your daily hydration and nutrition goals. Select the priorities that matter most to you and outline a simple daily focus to help support consistent, healthy routines.

This week I want to:

- ☐ Prioritize protein at meals
- ☐ Drink fluids consistently throughout the day
- ☐ Include fruits and vegetables
- ☐ Choose fiber-rich foods to improve digestion
- ☐ Incorporate healthy fats (olive oil, nuts, fish)
- ☐ Monitor for dizziness or low energy
- ☐ Share a meal with others
- ☐ Other: _____

Now make it concrete:

My daily hydration goal? _____ cups

Eat breakfast at a consistent time ____:____a.m.

Eat lunch at a consistent time ____:____a.m./p.m.

I'm aiming for _____ protein-rich meals each day

Nutrition & Hydration Tracker



WEEK OF: _____

	Breakfast	Lunch	Dinner	Extras
Mon	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)
Tue	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)
Wed	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)
Thur	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)
Fri	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)
Sat	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)
Sun	Time: What did you eat?	Time: What did you eat?	Time: What did you eat?	Snacks? Protein at 2+ meals? (Y/N) Fruits/vegetables today (servings): Fluids (cups): Alcohol? (Y/N)

Daily Awareness (Complete in Evening)



	Apetite today	Energy level	Digestive comfort	How did you feel today?
Mon	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomach Other:	Good / Content Okay Worried / Stressed Low / Sad Other:
Tue	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomach Other:	Good / Content Okay Worried / Stressed Low / Sad Other:
Wed	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomach Other:	Good / Content Okay Worried / Stressed Low / Sad Other:
Thur	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomch Other:	Good / Content Okay Worried / Stressed Low / Sad Other:
Fri	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomach Other:	Good / Content Okay Worried / Stressed Low / Sad Other:
Sat	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomach Other:	Good / Content Okay Worried / Stressed Low / Sad Other:
Sun	1 = Little to no appetite 10 = Strong appetite	1 = Very low energy 10 = High energy	Comfortable Bloated Constipated Upset stomach Other:	Good / Content Okay Worried / Stressed Low / Sad Other:



Nutrition Tracker Reflection

As the week comes to a close, take a moment to notice the habits that shaped how you felt each day.



1. Which nutrition goals did I consistently follow this week?

2. Which nutrition goals felt the most challenging to maintain?

3. On the days I met my nutrition goals, what helped me stay on track?

4. On the days I didn't, what got in the way?

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