

Free printable from BIOMIXA

Supplement Log & Habit Tracker

A plain, printable system for keeping track of what you take, when you take it, and how you feel — so that after a few weeks you have notes to look at instead of guesses.

7 pages · US Letter · print page 3 and 4 as many times as you like

Made by BIOMIXA, Irvine, California. Related reading: How long does colostrum take to work?.

Start here

How to use this tracker

Most people can't remember whether they took something last Tuesday. A paper log fixes that in about thirty seconds a day.

1 List what you take

Fill in page 3 once: product, amount per serving, when you take it, and why. Bring that page to your next doctor or pharmacist visit — they ask for exactly this list.

2 Tick the monthly grid

Page 4 has one row per habit and a box for each day. A tick when you do it, a dash when you skip. Add non-supplement habits too: water, a walk, lights out by 11.

3 Keep a weekly log

Page 5 is a week on one sheet: timing, what you mixed it with, sleep, energy, digestion, and a free line for anything unusual.

4 Watch the refills

Page 6 tracks open dates, servings left and cost per serving, so you reorder before you run out and know what each serving really costs.

5 Review once a month

Page 7 asks five short questions. Changes from a supplement, if any, tend to be gradual; a month of notes is more useful than a single day.

Rate on the same scale every day.
1 = poor · 2 = below usual · 3 = usual · 4 = better than usual · 5 = great. Rating "usual" as 3 keeps you from drifting.

Taking colostrum? Many people mix powder into a cool or warm (not hot) drink. Ideas in How to take colostrum powder: 7 easy ways to mix it, and timing questions in should you take colostrum on an empty stomach?

> General information, not medical advice. Check new supplements with your doctor or pharmacist, especially if you take prescription medicines.

Fill in once

My supplement list

Name: _____ Date: _____ Doctor / pharmacist: _____

Product	Amount per serving	When (AM / PM / with food)	Why I take it	Started	Stop / review date

Allergies and things to avoid

One month on one page

Monthly habit grid

Month: _____ Goal for this month:

_____

Habit / supplement	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

✓ done · — skipped · ½ partly. Count ticks at the end of each row.

Print as many as you need

Weekly log

Week of: _____

Day	What I took & time	Mixed with / food	Sleep (1–5)	Energy · digestion (1–5)	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Never run out

Refills and cost per serving

Cost per serving = price paid ÷ servings in the container. Example: a 60-serving jar bought for $79.99 works out to $79.99 ÷ 60 = **$1.33 per serving**. More on comparing products in colostrum price per serving.

Product	Opened	Servings in it	Price paid	Cost / serving	Runs out ≈	Reorder by	Best-by date

Storage tip: keep powders closed, dry and away from heat; a damp scoop is the usual cause of clumping. See does colostrum powder expire?

Once a month

Monthly review

Month: _____

What did I take consistently (how many days out of 30)?

What changed — sleep, energy, digestion, training, mood?

What else changed this month (diet, stress, travel, illness)?

Anything I want to ask my doctor or pharmacist?

Keep, change or stop — and why?

Keep going

Notes, resources and fine print

A tracker works best when you keep it boring: same time, same scale, every day. A few places to read more:

- How long does colostrum take to work? — what a realistic timeline looks like
- How to take colostrum powder — seven ways to mix it
- Stacking colostrum with creatine, protein and collagen — what mixes well
- BIOMIXA Bluegrass Colostrum — unflavored bovine colostrum powder, 60 servings

Notes

About this printable. Made by BIOMIXA (biomixa.com), a small Irvine, California brand that makes one product: Bluegrass Colostrum, 100% bovine colostrum powder from grass-fed US cows, collected in the first six hours after calving. You are welcome to print and share this file for personal and classroom use. Please do not sell it.

> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Not medical advice — talk to your doctor, especially if pregnant, nursing, or allergic to dairy.