AQUAOMEGA



OMEGA-3, EXPLAINED

Get the *most* from your omega-3

INCLUDES A ONE-MONTH JOURNAL

A NOTE BEFORE YOU START

Thank you for choosing AquaOmega.

You already know why you take an omega-3. You did the reading, you compared labels, and you made a decision. So this book doesn't try to sell you on the idea.

Instead it covers the parts nobody explains. What the active ingredients on the label actually are. Why the source of an oil changes what you get from it. Which fish, caught where, and why that matters to the ocean. And how to look up the test results for the exact bottle in your hands. At the back, there's a one-month journal to keep track as you go.

We believe in what's in our bottle. This book is about helping you get the most out of it.

Max Marion
President, AquaOmega



01 — THE ALGAE

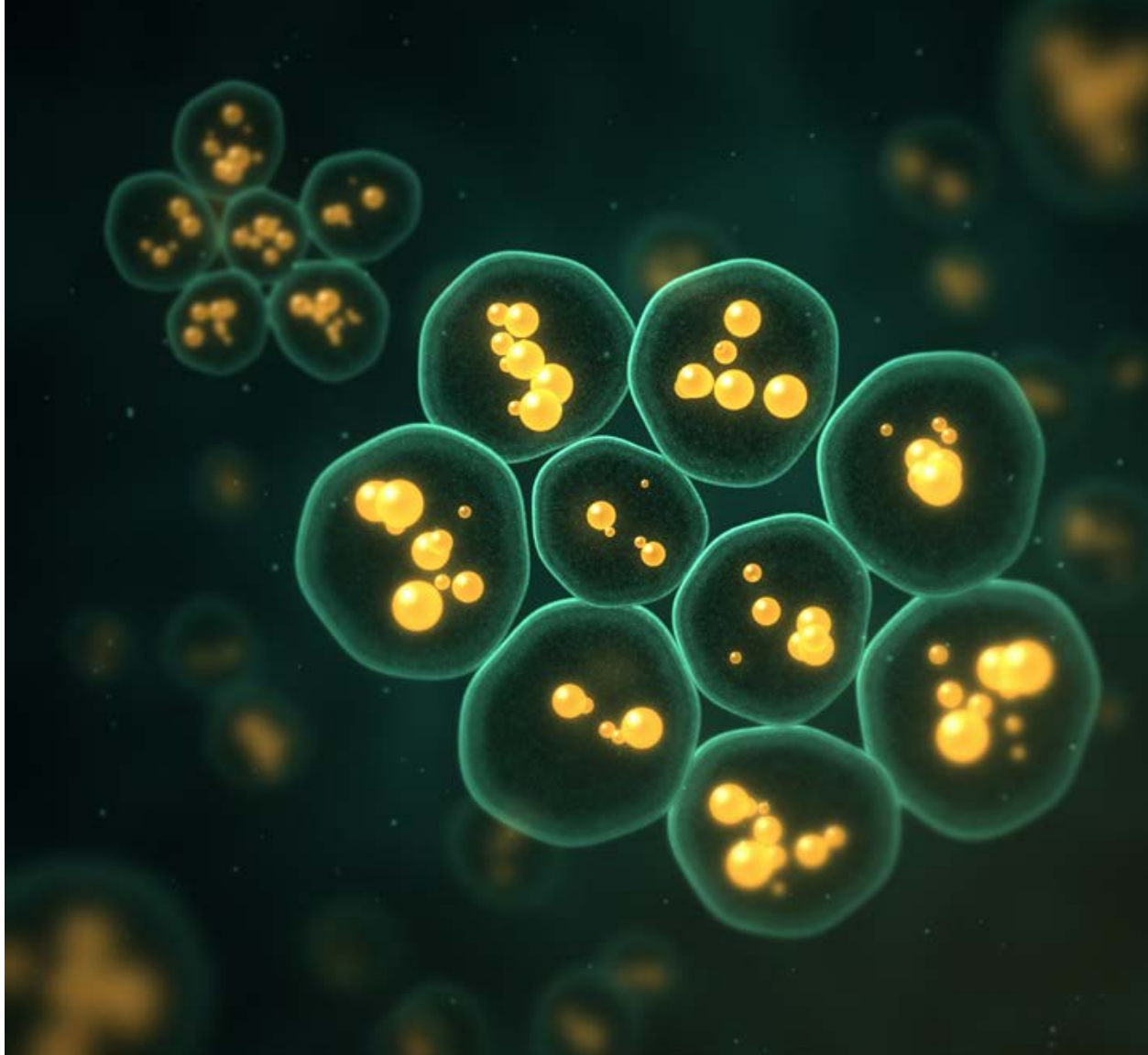
It all starts with algae

Fish make very little omega-3 of their own. They get it from what they eat, and at the bottom of that food chain is microalgae. The EPA and DHA in a fish's oil were made by algae first, then passed up the chain one meal at a time.

Our plant-based DHA goes straight to that source. It's oil from *Schizochytrium*, a microalga grown in controlled tanks rather than harvested from the sea. No fish, no fishing, and no food chain in between.

It's vegan, it's in triglyceride form, and the DHA in it is the same DHA you'd find in marine oil. It just comes from the place the fish got it.

On our plant-based DHA: Source of DHA for the maintenance of good health. Helps support cognitive health and brain function.



02 — ACTIVE INGREDIENTS

EPA and DHA

EPA and DHA are the active ingredients in omega-3s. They often appear together on labels, but they aren't the same thing.

EPA

Eicosapentaenoic acid

WHERE IT COMES FROM

From the sea. Microalgae make it, and cold-water fish build it up by eating them. It can come from fish oil or straight from algae oil.

WHAT IT IS

One of the two long-chain omega-3s in marine oil. Your body makes very little of it on its own.

ON OUR LABELS

EPA-led products: Helps maintain cardiovascular health.
*Balanced (EPA + DHA): In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis in adults.**

DHA

Docosahexaenoic acid

WHERE IT COMES FROM

Marine. The same place as EPA: cold-water fish and the algae they eat. Our plant-based DHA comes straight from the algae.

WHAT IT IS

The longest of the three main omega-3s, and the one found in the highest amounts in the brain and eyes.

ON OUR LABELS

DHA-led products: Helps support cognitive health and brain function.
Balanced (EPA + DHA): Helps support brain function.

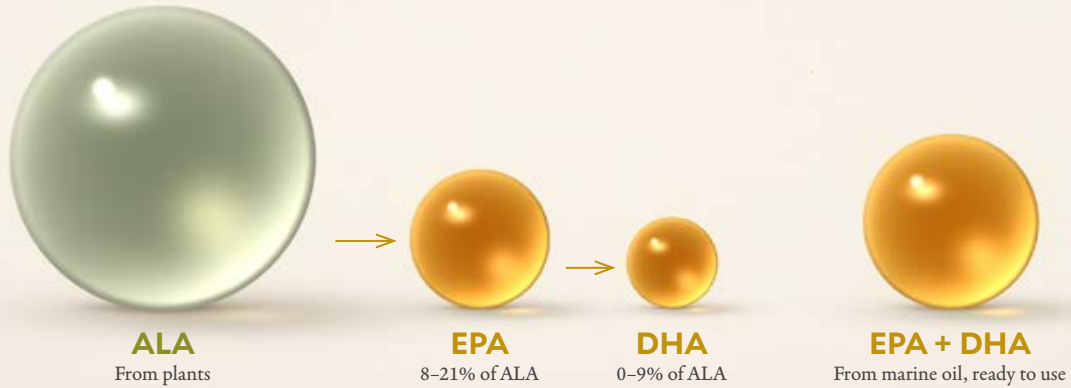
And ALA? ALA is the omega-3 in plants like flax and chia. It isn't one of the active forms, and the body converts only a small fraction of it into EPA and DHA. See the opposite page.

*Applies to AquaOmega Balanced only (NPN 80130282 and NPN 80136605). Every AquaOmega product carries its own approved claims; the ones that apply to yours are on your label.

03 — WHY MARINE

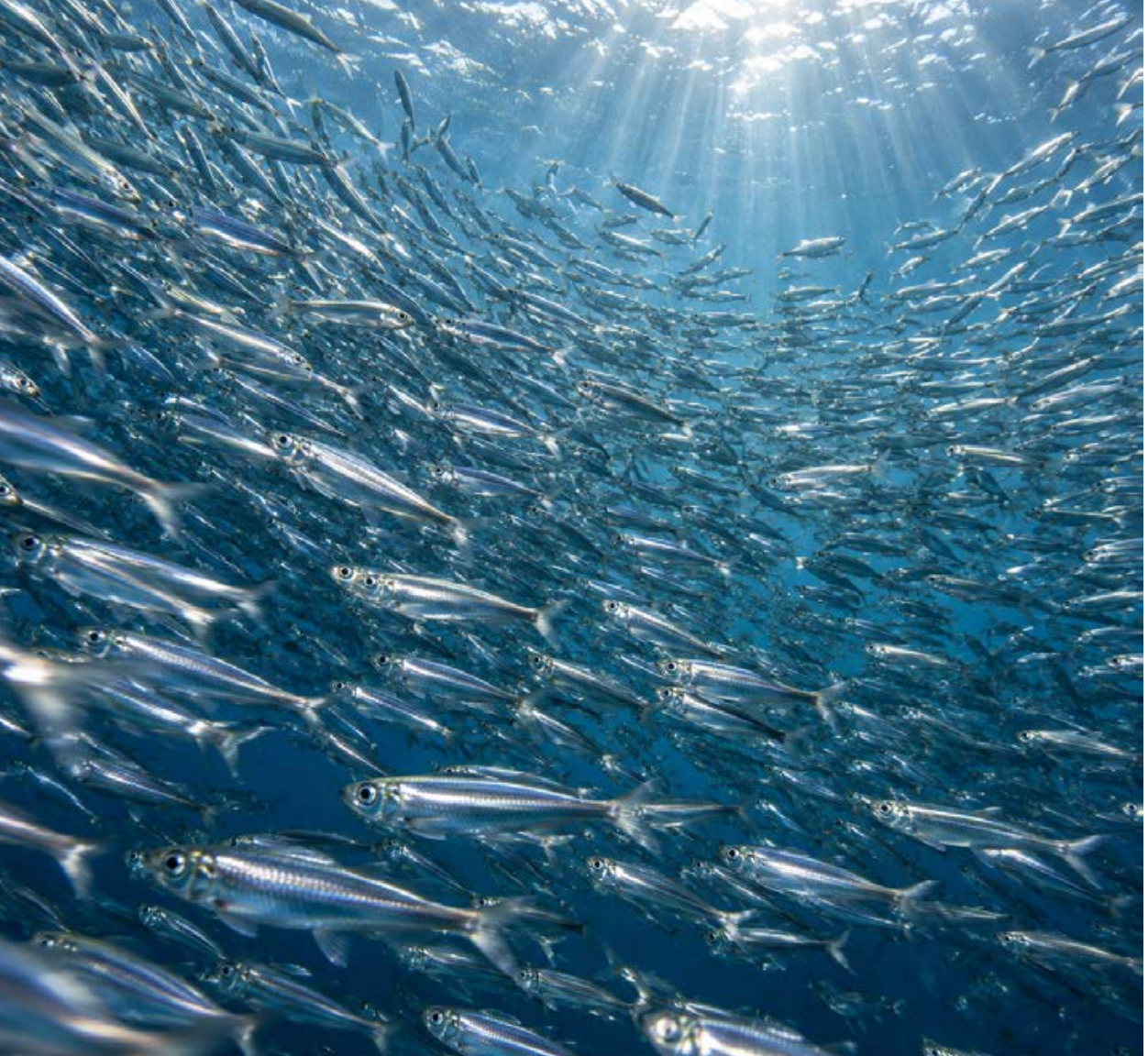
Plants make ALA. Your body needs EPA and DHA.

EPA and DHA are the active forms. You can get omega-3s from flax, chia and other plants, but that's ALA, and the body converts only a small fraction of it into EPA and DHA.



Marine oil skips the conversion. EPA and DHA arrive ready to use.

Typical conversion in healthy young adults: lower in men, higher in women. Droplet areas drawn to scale. Burdge & Wootton, Br J Nutr 2002; Burdge, Jones & Wootton, Br J Nutr 2002.



04 — THE FISH

We only use one fish

Every AquaOmega fish oil comes from a single species: anchovy, caught wild in the South Pacific. Not a blend, not whatever the season brought in.

Many fish oils blend several species from different levels of the food chain, which raises the potential for contaminants to build up. Using one small, short-lived fish lowers that potential and gives a more consistent omega-3 profile, batch after batch.

Anchovy sit near the bottom of the food chain and live short lives. Larger, longer-lived fish accumulate what they eat, and what their food ate before them. A fish that lives a couple of years and eats plankton has far less time to accumulate anything at all.

Wild-caught matters for a different reason. A farmed fish's oil profile comes from its feed, and feed is a variable you can't audit from the outside. A wild anchovy's profile comes from the ocean it lived in.

Our plant-based DHA is the exception. It skips the fish entirely and comes straight from the algae they feed on.

05 — THE PROCESS

How it's made matters

Omega-3s are delicate. From the moment a fish is caught, its oil starts to break down when it meets air, light and heat. That breakdown is called oxidation, and it damages the EPA and DHA you're paying for.

That's why fish should be processed quickly, without high amounts of heat. Both help protect the integrity of the active ingredients from the start.

From there, the oil is refined to remove impurities, then tested before it's bottled.



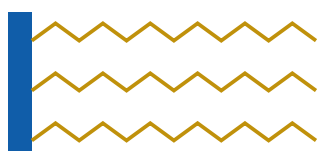
06 — THE FORM

Triglyceride or ethyl ester?

Omega-3s don't float around on their own. In fish, and in your body, they're carried in a structure called a triglyceride: three fatty acids attached to a glycerol backbone.

Many fish oil concentrates are sold in a different form, called an ethyl ester. To make it, the oil is processed with ethanol, which separates the fatty acids from their backbone so they can be concentrated. It's a form created during processing, not one found in fish.

Both forms contain EPA and DHA. What differs is the structure carrying them, and many labels state which form they use.



Triglyceride
As found in fish



Ethyl ester
Made during processing

07 — EVERY DAY

Make it part of your day

Take it with a meal.

Omega-3s are fats, and many people find they sit better with food.

Keep it cool and dark.

Heat, light and air are what break fish oil down. Close it tightly and keep it out of the sun. If yours is a liquid, refrigerate it after opening.

Use your senses.

Fresh fish oil smells faintly of the sea and tastes clean. Oil that has oxidised smells sharp and paint-like, and tastes bitter.

Your dose is on your label.

It varies by product, so follow the directions on yours.



Decode your label

Natural health product labels in Canada follow set rules. Here's what each part tells you, using AquaOmega Balanced as the example.

1 Per daily dose
EPA, DHA and total omega-3 in the full daily dose, here 4 softgels.

2 Directions
How much to take, how often and how to store it. This is the dose Health Canada reviewed when it licensed the product.

3 Cautions and warnings
When to check with a health care practitioner.

4 Recommended use
The claims Health Canada licensed for this product. Only licensed claims can appear on a label.



EXAMPLE LABEL *AquaOmega Balanced. Yours shows its own amounts, ingredients and claims, in the same places.*

5 Medicinal ingredients
The active part, per softgel: fish oil from anchovy, with its EPA, DHA and total omega-3.

6 Non-medicinal ingredients
Everything else, like the softgel shell. Mixed tocopherols (a form of vitamin E) and rosemary extract help protect the oil from oxidation.

7 NPN
Natural Product Number: Health Canada has reviewed and licensed the product.

8 Lot and expiry
Printed on every bottle. You'll need the lot number to look up your test report.

Certifications decoded

We'd rather be able to prove things than say them. Here's who checks what, and what each one actually covers.

IFOS: International Fish Oil Standards

Certifies: Nutrasource, an independent laboratory, tests the oil for potency, purity, freshness and contaminants, and publishes the results.
Doesn't certify: brands. It tests batches, so the result that counts is the one for your lot number.

Friend of the Sea

Certifies: AquaOmega's fish oil is certified by Friend of the Sea, a third-party sustainable seafood certification programme.
Doesn't certify: what's in the bottle. It's about how the fish was caught, not what the oil tested at.

NPN: Natural Product Number

Certifies: Health Canada has reviewed the product's ingredients, dose, claims and safety, and licensed it for sale in Canada. Your NPN is printed on the label.

Doesn't certify: individual batches. Licensing happens once, upfront.

cGMP

Certifies: the facility that made your product follows Good Manufacturing Practices, verified by an independent auditor.
Doesn't certify: the oil itself. It's about process, not product.

Transparency

Certifies: every unit carries a unique code Amazon scans before it ships, so a counterfeit can't enter the supply chain.
Doesn't certify: quality. It confirms the bottle is genuinely ours.

Which is why IFOS is the one to check. It's the only one that tells you about the oil in your hands.

10 — YOUR BOTTLE

Look up your own bottle

IFOS publishes its results batch by batch, so you don't have to take our word for what's in your bottle. You can check it yourself.

Every AquaOmega bottle carries a lot number. Enter it on the IFOS site and you get the report for your batch, not an average.

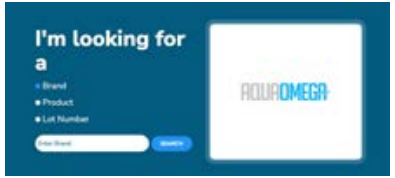
Your lot number.
Your report.



01

Find the lot code

Locate the lot code on the product label. It's usually printed near the barcode or on the back of the package.



02

Open the lookup page

Go to the IFOS product lookup page in your web browser.



03

Enter the details

Type in the lot code and any other requested information, then select Search.



04

Review the report

View the verification results and product details for your lot.

Example only. Results vary by lot.


4ocean
Pull a Pound
For every bottle purchased, AquaOmega funds the recovery of one pound of plastic and debris through 4ocean.



Key Largo, Florida.

What a pound looks like

The OneHealth Impact Initiative is our partnership with 4ocean, whose crews pull plastic and debris out of the ocean and off coastlines for a living. For every bottle purchased, we fund the recovery of one pound. Recovery is conducted and certified by 4ocean and funded through AquaOmega.

The arrangement is simple. You buy a bottle, a pound comes out. No campaign, no round-up at checkout, no asking you to do anything. It's already counted in what you paid.

We've been out with them. Key Largo, Florida, working the mangroves at low tide. It's slow, hot, unglamorous work, and it's the reason we'd rather fund it than talk about it.

1 bottle = 1 lb

For every bottle purchased, AquaOmega funds the recovery of one pound of plastic and debris through 4ocean.

Your one-month journal

One month, no dates. Start any day, fill it in by hand, and look back at the end. Small, steady habits are easier to see when they're written down.

Start of the month

Month _____

Year _____

Weight _____

Daily protein goal (g) _____

Omega-3 index, if tested (%) _____

My goal this month

_____

_____

How to use it

1. Write down what you ate at each meal, and roughly how much protein.
2. Rate your hunger before eating: 1 is not hungry, 5 is very hungry.
3. Tick a circle for each glass of water and each serving of veggies or fruit.
4. Take your omega-3 at the same meal each day so it becomes a habit.

Good to know

Protein at a glance

FOOD (APPROXIMATE)	PROTEIN
Chicken breast, cooked, 100 g	31 g
Lean beef, cooked, 100 g	26 g
Salmon, cooked, 100 g	22 g
Lentils, cooked, 1 cup	18 g
Canned light tuna, 85 g	17 g
Greek yogurt, plain, ¾ cup	17 g
Firm tofu, 100 g	15 g
Cottage cheese, ½ cup	14 g
Milk, 1 cup	8 g
Egg, 1 large	6 g

The Recommended Dietary Allowance for most adults is 0.8 g of protein per kg of body weight per day (Dietary Reference Intakes). Your needs may differ; ask your health care practitioner.

EPA + DHA in fish

PER 100 G, COOKED (APPROXIMATE)	EPA + DHA
Atlantic salmon, farmed	2.2 g
Atlantic salmon, wild	1.8 g
Atlantic mackerel	1.2 g
Rainbow trout, farmed	1.1 g
Sardines, canned in oil	1.0 g
Shrimp	0.3 g
Canned light tuna	0.3 g
Atlantic cod	0.2 g

Approximate values from USDA FoodData Central. Amounts vary by brand, species and preparation.

DAY 1

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 2

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 3

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 4

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 5

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 6

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 7

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 8

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 9

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 10

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 11

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 12

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 13

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	

WATER ○○○○○○○○ | VEGGIES & FRUIT ○○○○○ | SLEEP (H) | STRESS 1 2 3 4 5 | OMEGA-3 TAKEN ○

WORKOUT / MINUTES | WENT WELL TODAY | TOMORROW I'LL

DAY 14

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	

WATER ○○○○○○○○ | VEGGIES & FRUIT ○○○○○ | SLEEP (H) | STRESS 1 2 3 4 5 | OMEGA-3 TAKEN ○

WORKOUT / MINUTES | WENT WELL TODAY | TOMORROW I'LL

DAY 15

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	

WATER ○○○○○○○○ | VEGGIES & FRUIT ○○○○○ | SLEEP (H) | STRESS 1 2 3 4 5 | OMEGA-3 TAKEN ○

WORKOUT / MINUTES | WENT WELL TODAY | TOMORROW I'LL

DAY 16

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	

WATER ○○○○○○○○ | VEGGIES & FRUIT ○○○○○ | SLEEP (H) | STRESS 1 2 3 4 5 | OMEGA-3 TAKEN ○

WORKOUT / MINUTES | WENT WELL TODAY | TOMORROW I'LL

DAY 17

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	

WATER ○○○○○○○○ | VEGGIES & FRUIT ○○○○○ | SLEEP (H) | STRESS 1 2 3 4 5 | OMEGA-3 TAKEN ○

WORKOUT / MINUTES | WENT WELL TODAY | TOMORROW I'LL

DAY 18

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	

WATER ○○○○○○○○ | VEGGIES & FRUIT ○○○○○ | SLEEP (H) | STRESS 1 2 3 4 5 | OMEGA-3 TAKEN ○

WORKOUT / MINUTES | WENT WELL TODAY | TOMORROW I'LL

DAY 19

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 20

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 21

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 22

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 23

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 24

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 25

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 26

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 27

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 28

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 29

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 30

DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

DAY 31
DATE _____

	TIME	WHAT I ATE	PROTEIN (G)	HUNGER 1–5	HOW I FELT AFTER
Breakfast				1 2 3 4 5	
Lunch				1 2 3 4 5	
Dinner				1 2 3 4 5	
Snacks				1 2 3 4 5	
WATER ○○○○○○○○		VEGGIES & FRUIT ○○○○○	SLEEP (H)	STRESS 1 2 3 4 5	OMEGA-3 TAKEN ○
WORKOUT / MINUTES			WENT WELL TODAY		TOMORROW I'LL

NOTES

NOTES

End of the month

How it went

Weight_____

Omega-3 index, if retested (%)_____

Energy 1 2 3 4 5

Sleep 1 2 3 4 5

What worked

_____

_____

What I'd change

_____

Next month I'll

_____

My omega-3 month

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				

Tick a box each day you take your omega-3.

Notes

AquaOmega
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