

Caffeine Intake Tracker

Track daily caffeine from coffee, energy drinks, tea, pre-workout and other sources.

Daily tracker

Time	Item	Serving size	Estimated caffeine mg	Sleep or tolerance notes

Weekly pattern

Day	Total caffeine mg	Latest caffeine time	Sleep quality note
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reminder

Caffeine tolerance varies. Pregnancy, breastfeeding, medication, anxiety, heart conditions and sleep problems can change what is appropriate. Check health advice when unsure.

Tools by Layna - General information only. Check official sources or a qualified professional for personal, medical, legal, employment, tax or regulated decisions.