

# THE 30-DAY NAIL STRENGTH TRACKER

*Nutrition and Habit Guide for Healthy Nails*

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## SECTION 1: THE NAIL SUPERFOOD LIST

Focus on these essentials during your next grocery trip to support keratin growth:

- **EGGS:** The primary natural source of Biotin.
  - **NUTS:** Almonds and walnuts provide essential Vitamin E.
  - **SALMON:** Rich in Omega-3 fatty acids for natural nail shine.
  - **LEAFY GREENS:** Spinach and kale provide Iron to prevent brittleness.
  - **SWEET POTATO:** Loaded with Vitamin A for healthy cell turnover.
  - **GREEK YOGURT:** High-quality protein, the building block of nails.
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## SECTION 2: DAILY HABIT CHECKLIST

Consistency is the secret to seeing results. Aim for all three daily:

1. **SUPPLEMENT:** Take your Biotin supplement as directed by your professional.
  2. **HYDRATE:** Drink 2 liters (approximately 8 glasses) of water.
  3. **PROTEIN:** Include a healthy protein source in every major meal.
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## SECTION 3: 30-DAY PROGRESS LOG

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]
<b>Week 2</b>	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]
<b>Week 3</b>	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]
<b>Week 4</b>	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]	[ ]

**BONUS:** Day 29 [ ] Day 30 [ ]

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### EXPERT TIP:

Nail cells take time to develop in the matrix. While your cuticles and nail beds will look more hydrated in 2-4 weeks, the strongest part of your new nail will reach the free edge in about 3 to 4 months. Stay consistent for the best results!