

Habit Tracker

| MONTH | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | TOTAL | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|--|--|--|
| HABIT | 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 | TOTAL | | | |
| Weigh-in | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Exercise | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Food Journal Entry or Meal Plan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sleep (min. 7.5-hours) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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SCORECARD

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | AVERAGE | Waist Measurement (Optional) |
|--------|--------|---------|-----------|----------|--------|----------|--------|---------|------------------------------|
| Week 1 | | | | | | | | | |
| Week 2 | | | | | | | | | |
| Week 3 | | | | | | | | | |
| Week 4 | | | | | | | | | |

Bodyweight / Bodyfat %