

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 (optional)																																				
Exercise																																				
Food Journal Entry or Meal Plan																																				
Sleep (min. 7.5-hours)																																				

SCORECARD

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

Bodyweight / Bodyfat %