

YOUR SCORECARD NOT ONLY RECORDS YOUR PROGRESS BUT ALSO STRENGTHENS IT!

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		
Weigh-in																																	
Exercise																																	
Log Food or Follow a Meal Plan																																	
Sleep (min. 7.5-hours)																																	

Put an X for every day you performed a habit

SCORECARD

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

Bodyweight / Bodyfat %