

LEAN BY HABIT

HABIT TRACKER SCORE CARD

NAME: _____

WEEK OF: _____

MONTH	JAN			FEB			MAR			APR			MAY			JUN			JUL			AUG			SEP			OCT			NOV			DEC			
DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	15	16	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	TOTAL					
HABIT																																					
 WEIGH-IN																																					
 EXERCISE																																					
 LOG FOOD OR FOLLOW A MEAL PLAN																																					
 SLEEP (MIN. 7.5-HOURS)																																					

X Put an X for every day you performed a habit

BODYWEIGHT /%BODYFAT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	AVERAGE	WAIST MEASUREMENT (OPTIONAL)
WEEK 1									
WEEK 2									
WEEK 3									
WEEK 4									



YOUR SCORE

/ 28

(7 PER DAY)

SCORE GUIDE

- 25 – 28 EXCELLENT
- 19 – 24 GOOD
- 13 – 18 FAIR
- 0 – 12 NEEDS IMPROVEMENT

CONSISTENCY IS THE MULTIPLIER.

Small daily actions.
Big long-term results.

NOTES & WINS



BUILD THE HABITS. TRUST THE PROCESS. BECOME UNSTOPPABLE.

