

LEAN BY HABIT

HABIT TRACKER SCORE CARD

NAME: _____

WEEK OF: _____

DAILY HABITS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY SCORE
 MOVE AFTER MEALS 20-MIN WALK OR EASY BIKE AFTER EACH MEAL	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	/ 21 (3 PER DAY)
 STRENGTH TRAIN LIFT WEIGHTS FOCUS ON PROGRESS	☐	☐	☐	☐	☐	☐	☐	/ 4 (GOAL: 3-4 DAYS)
 FUEL WELL EAT REAL FOODS HIT PROTEIN TARGET	☐	☐	☐	☐	☐	☐	☐	/ 7 (DAILY)
 SLEEP WELL 7-9 HOURS QUALITY SLEEP	☐	☐	☐	☐	☐	☐	☐	/ 7 (DAILY)
 FOCUS & EXECUTE TOP PRIORITIES NO ZERO DAYS	☐	☐	☐	☐	☐	☐	☐	/ 7 (DAILY)



WEEKLY SCORE

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SCORE GUIDE

- 40 - 46 **EXCELLENT**
- 30 - 39 **GOOD**
- 20 - 29 **FAIR**
- 0 - 19 **RESET & REFLECT**

CONSISTENCY IS
THE MULTIPLIER.

Small daily actions.
Big long-term results.

NOTES & WINS



BUILD THE HABITS. TRUST THE PROCESS. BECOME UNSTOPPABLE.

