

# Healthy Habit Tracker



Week of: \_\_\_ / \_\_\_ / \_\_\_

## Physical Health

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

| M                     | T                     | W                     | T                     | F                     | S                     | S                     |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Mental Health

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

| M                     | T                     | W                     | T                     | F                     | S                     | S                     |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Fitness

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

| M                     | T                     | W                     | T                     | F                     | S                     | S                     |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Eating

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

| M                     | T                     | W                     | T                     | F                     | S                     | S                     |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Sleeping

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

| M                     | T                     | W                     | T                     | F                     | S                     | S                     |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Daily Fitness Tracker

Date: \_\_\_\_\_

|                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| MON                      | TUE                      | WED                      | THU                      | FRI                      | SAT                      | SUN                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Today's Goal

| Summary            |  |
|--------------------|--|
| Total Workout Time |  |
| Calories Taken     |  |
| Calories Burned    |  |

| Breakfast | Launch | Dinner | Snacks |
|-----------|--------|--------|--------|
|           |        |        |        |
|           |        |        |        |
|           |        |        |        |

Water Tracker

stress level:    low    Normal    High

Exercise Focus

Energy level:    low    Normal    High

Reward

| Workout Routine | Sets | Reps | Weight | Time | Notes |
|-----------------|------|------|--------|------|-------|
|                 |      |      |        |      |       |
|                 |      |      |        |      |       |
|                 |      |      |        |      |       |

# HABIT TRACKER

MONTH : \_\_\_\_\_



| 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 |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|

[illegible]

## GOALS

## RESULTS

[illegible][illegible]