



How to use your habit tracker

Consistency is key when trying to change your daily habits. Using this habit tracker, you can record up to 8 habits you want to develop, and tally your weekly totals to see your progress.

The habit tracker is magnetic so can stick to your fridge or somewhere else magnetic, to act as a constant reminder for you.

Below are some ideas on habits that you may be trying to develop:

-  Eat 5-6 handfuls of veggies every day
-  Eat your food within an 8-12 hour period
-  Drink 2-3 litres of water each day
-  Get 7-9 hours sleep a night
-  Move for at least 20 minutes each day

When you are re-programming habits, it is also useful to understand your WHY. Why are you doing this? What does it mean to you to be successful? What is your purpose? You can record this at the bottom to help you keep motivated and inspired.

HABIT TRACKER

"Motivation is what gets you started, habit is what keeps you going" JIM RYUN

HABIT	WEEK TARGET	M	T	W	T	F	S	S
5-6 veg	6	✓	✓	✓	✓	✓		✓
Eating gap	5		✓	✓	✓		✓	✓
2-3 L water	7	✓	✓	✓	✓	✓	✓	✓
7-9 hr sleep	7	✓	✓	✓	✓	✓	✓	✓
Move for 20 min	4		✓		✓		✓	✓

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