



Healthy Habit

Week Tracker

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Min. 1,5l Water							
Successful Morning Routine							
Food Supplements Taken							
Work Out Session							
Stretch Or Yoga							
Min 8hrs Sleep							
No Treats All Day							
3 Healthy Meals eaten							
Meditation							

Instructions

- Tick the boxes of the tasks you daily complete.
- The more boxes you tick, the fitter & healthier you will be.
- Try to improve yourself every week by ticking of more boxes!
- If you decide to have a treat or go for a cheat meal, try to avoid week days and leave it for the weekend.
- During the weekend you can chill down and take it a bit slower. Watch out! Don't go crazy either. Always keep it balanced!
- The week tracker will motivate you to keep up the good work and avoid stacking down.
- For more info read the tips on the previous pages in this workbook.

Week #

Date/...../.....

Notes
