HABIT TRACKER

STRONGER U
NUTRITION

GOALS FOR _____

MONTHLY MANTRA

1	2	3	

HABITS	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	Total

HABIT TRACKER

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NUTRITION

GOALS FOR March

MONTHLY MANTRA

1. To increase my steps per day, I will plan for a 10-minute walk before work, during my lunch break and immediately after work.
2. To make sure I have food available to hit my macros, I will make a grocery list and go shopping each Sunday and Wednesday.
3.

Consistency not perfection.

HABITS	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	Total
Hit macros within 5g	X	X	X		X	X	X	X	X			X	X	X	X	X	X	X		X	X	X	X			X	X	X	X		X	24/31 = 77%
Sleep 7-8 hours	X	X		X	X	X	X	X			X	X	X	X	X	X	X			X	X	X	X	X	X	X	X		X	X	X	25/31 = 81%
10,000 steps per day	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	31/31 = 100%
Journal in the morning	X	X	X	X	X						X	X	X	X		X	X	X	X				X	X	X			X	X	X	X	10/31 = 67%
Plan food night before	X	X		X	X	X	X	X			X	X	X	X	X	X	X		X	X	X	X			X	X	X	X		X	X	24/31 = 77%