

HABIT TRACKER

Habit Tracker		30-60 Minutes of Activity (what did you do?)	Meal 1	Snack 1	Meal 2	Snack 2	Meal 3	Snack 3
Day 1	8 oz Waters □ □ □ □							
Date:	□ □ □ □							
Day 2	□ □ □ □							
Date:	□ □ □ □							
Day 3	□ □ □ □							
Date:	□ □ □ □							
Day 4	□ □ □ □							
Date:	□ □ □ □							
Day 5	□ □ □ □							
Date:	□ □ □ □							
Day 6	□ □ □ □							
Date:	□ □ □ □							
Day 7	□ □ □ □							
Date:	□ □ □ □							
Remarks								

- ★ Put A Check Mark if you Followed the 10 Habits
- ★ Put An "X" if you did not follow the 10 Habits
- ★ Put An "S" if it was a Skipped Meal

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Hello there:

Follow the habits the best you can. Your goal should be to improve day by day, then week by week, then year by year. There are so many routes we can take to get to our destination. Hopefully these habits will provide a road map as you start your journey towards optimal health and wellness. LEARN what works best for you as you go. TRACK your results, MEASURE your progress, keep challenging yourself, and have FUN! Stay with your plan 2-4 weeks. Assess, evaluate, and tweak as necessary.