

Week Commencing :



# HABIT TRACKER

## Macro Targets:

- ☐ Protein
- ☐ Carbs
- ☐ Fats

## My workout days are:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## Current Workout Plan:

## Workout Plan started on:

### Habit

1 Hit Step Target

2 2L of water

3 Hit Macro Targets

4

5

6

7

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Number of workouts completed this week

1	2	3	4	5	6	7
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Average hours of sleep per night

4	5	6	7	8	9	10
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Mood and overall well-being

☹	1	2	3	4	5	6	7	8	9	10	😊
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Average Stress Level this week

😊	1	2	3	4	5	6	7	8	9	10	☹
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Biggest win this week

One thing to improve next week