



HABIT TRACKER

Macro Targets:

- Protein
- Carbs
- Fats



1 Hit Step Target

2 2L of water

3 Hit Macro Targets

4

5

6

7

My workout days are:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Current Workout Plan:

Workout Plan started on:

S M T W T F S

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Number of workouts completed this week

1 2 3 4 5 6 7

Average hours of sleep per night

4 5 6 7 8 9 10

Mood and overall well-being

1 2 3 4 5 6 7 8 9 10 ☺

Average Stress Level this week

1 2 3 4 5 6 7 8 9 10 ☹

Biggest win this week

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One thing to improve next week

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