

PHYSICAL FITNESS HABIT TRACKER

MONTH: _____ YEAR: _____

HABIT / ACTIVITY	TOTAL
Strength Training	
Cardio / HIIT	
Mobility & Stretching	
10,000+ Steps	
Clean Nutrition	
8+ Hours Sleep	
No Alcohol	
Daily Vitamins	
Hydration (3L+)	
Monthly Goals & Targets	
Progress Notes / Reflection	