

LIFESTYLE CHANGE HABIT LOG

MONTH: _____ GOAL: _____

HABIT / ACTION

NUTRITION & HYDRATION

No Processed
Sugar

2L Water Intake

PHYSICAL ACTIVITY

30 Min Movement

Stretching/Mobility

MINDSET & RECOVERY

7+ Hours Sleep

Meditation/Journal

Digital Detox (1hr)

PERSONAL GROWTH

Reading (10 pages)

WEEKLY REFLECTIONS & WINS:
AREAS FOR IMPROVEMENT: