

HEALTHY EATING HABIT TRACKER

Week Of: _____ Goal: _____

Daily Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink 8+ glasses of water							
5 servings of fruit/veg							
No processed sugar							
Protein with every meal							
Mindful eating (no screens)							
Homemade meal							
Weekly Reflections & Obstacles							