

HEALTH JOURNEY SUCCESS CHART

NAME: _____
WEEK OF: _____
STARTING WEIGHT: _____
GOAL FOR THE WEEK: _____

DAY	ACTIVITY / EXERCISE	HYDRATION (8OZ)	NUTRITION FOCUS	HOURS SLEEP
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

DAY	ACTIVITY / EXERCISE	HYDRATION (8OZ)	NUTRITION FOCUS	HOURS SLEEP
Saturday				
Sunday				

WEEKLY REFLECTION & WINS:

"Consistency is the key to breakthrough." - Health Journey Success Tracker