

FITNESS HABIT TRACKER

MONTH: _____ YEAR: 20____

HABIT / ACTIVITY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Weight Training																							
Cardio (30 min)																							
10k+ Steps																							
Protein Goal																							
No Alcohol																							
7+ Hours Sleep																							
Mobility/Stretch																							
Water (3L)																							
Supplement/Vits																							
Custom: _____																							

Monthly Progress & Wins
Adjustments for Next Month