

DAILY FITNESS HABIT TRACKER

Week Of: _____ Goal: _____

HABIT / DAILY GOAL	M	T	W	T	F	S	S
30 Min Active Exercise							
80oz Water Intake							
Protein Target Met							
7+ Hours Sleep							
Stretch/Mobility							

MID-WEEK REWARD (3 DAYS)

FULL WEEK REWARD (7 DAYS)

Reflections / Notes: