

# HEALTHY HABITS TRACKER

Consistency is the key to progress.

START DATE  
CURRENT WEIGHT  
GOAL WEIGHT

## Daily Habit

**M T W T F S S**

8 glasses of water

30 min physical activity

5 servings of greens/fruit

No processed sugar

## MILESTONE REWARDS

**5 lbs lost**  
REWARD

**10 lbs lost**  
REWARD

**20 lbs lost**  
REWARD

**Goal reached**  
REWARD

## WEEKLY REFLECTION & NOTES