

Lifestyle

Habit Tracker

Date _____

Mo Tu We Th Fr Sa Su

My sleep last night was:



Approx. hours _____

Wake up time _____

Cups of water:

1 2 3 4 5 6 7 8

How am I feeling this morning?



Day to do list:

■ _____	■ _____	■ _____
■ _____	■ _____	■ _____

How I fueled my body today:

Breakfast	Lunch	Dinner	Snacks
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How am I feeling this evening?



Am I satisfied with this day?



Evening to do list:

■ _____	■ _____	■ _____
■ _____	■ _____	■ _____

Today I am grateful for:

Activity/Movement:

_____ Time (min): _____

_____ Time (min): _____

_____ Time (min): _____

Today's Accomplishments:

Thoughts: