

Habit Tracker

Date:

Week:

Habits	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Got 7 - 9 hours sleep							
2 Drank 1.5 - 2L of water							
3 Walked for 30 minutes							
4 Did an exercise routine							
5 Had 5 serves of Vegetables							
6 Had 2 serves of Fruit							
7 Mindfully ate your meals							
8 Limited process food							
9 Limited unhealthy snacks							
10 Reduced sugar intake							
11 Limited caffeine							
12 Meditated 10 minutes							
13 Journalled/gratitude							
14 Spent time in nature							
15 Read 10 pages							
16 No screen time for 1 hour before bed							
17 Did 1 thing just for your selfcare							
18 Gave someone a hug							
19 Told someone you were grateful for them							
20 Breathing exercises							

Habit Tracker



Got 7 - 9 hours sleep - optimal hours of sleep for good health

Drank 1.5 - 2L of water - our body is mainly water

Walked for 30 minutes - can do this in a couple blocks if needed

Did an exercise routine - if you don't walk then do something else to move your body

Meditated 10 minutes - calms the mind

Journalled/gratitude - get those thoughts onto paper

Had 5 serves of Vegetables - have a plate full of colour

Had 2 serves of Fruit - enjoy the natural sweetness

Mindfully ate your meals - take time to enjoy and savour the taste. Put the fork down between bites. This will stop us overeating

Limited process food - whole foods are better for our health, hidden ingredients in processed foods and lots of trans fats

Limited unhealthy snacks - loaded with sugar and salt

Reduced sugar intake - it's addictive and not good for us

Limited caffeine - 2 only per day max

Spent time in nature - it's good for the soul

Read 10 pages - continuous growth and relaxation

No screen time for 1 hour before bed - blue light impacts your sleep

Did 1 thing just for your selfcare - take care of you

Gave someone a hug - releases our feel good hormones

Told someone you were grateful for them - appreciation is good for the soul and makes them light up

Breathing exercises - in through the nose and out through the nose and hold for 5 seconds - calms us down try it for 2 minutes