

Sunday

Monday

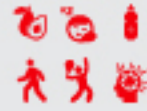
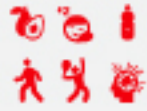
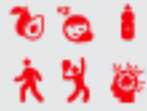
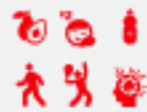
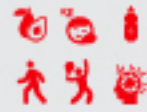
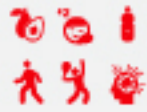
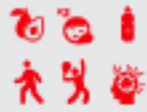
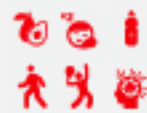
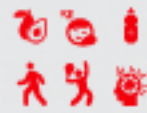
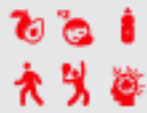
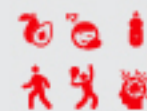
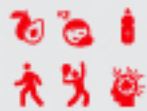
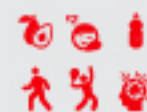
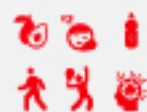
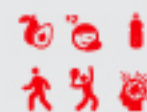
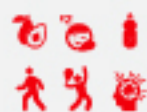
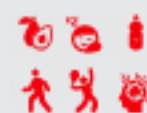
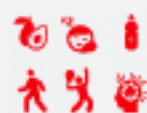
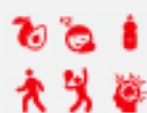
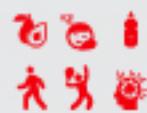
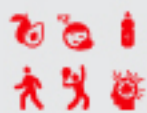
Tuesday

Wednesday

Thursday

Friday

Saturday



Month

MY HEALTH GOAL:

How to use this tracker

1. Set a health goal & write it at the top of the page.
2. Circle the healthy lifestyle icons on the days you plan to do them.
3. Check your progress to see what you've accomplished.
4. Keep this tracker someplace visible, like the fridge, as a daily reminder.

LEGEND

- Get 7-8 hours of sleep daily
- Include plenty of fresh fruits and veggies in daily meals
- Drink at least 8 glasses of water each day
- Stand up every hour
- Exercise to elevate heart rate & use all muscle groups
- Manage stress to reset your body and clear your mind