



Tracking Sheet

Week 1: Building Habits & Setting Goals

Take a few minutes to set some goals that you want to attain over the next three weeks. Keep in mind that goals are flexible and will evolve as you progress!

Exercise Goals: _____

Nutrition Goals: _____

Rest Goals: _____

Mental Health Goals: _____

Week 2: Start Small & Devote Time Each Day

Focus on at least 2 categories each day. Make sure to include each category at least 2 times this week.

Day 1	2	3	4	5	6	7
Exercise						
Nutrition						
Rest						
Mental Health						

Week 3: Stick to the Basics

Focus on exercise and at least two other categories each day this week.

8	9	10	11	12	13	14
Exercise						
Nutrition						
Rest						
Mental Health						

Week 4: Consistency is Key

Devote time to all 4 categories each day this week and include at least 20 minutes of exercise.

15	16	17	18	19	20	21
Exercise						
Nutrition						
Rest						
Mental Health						