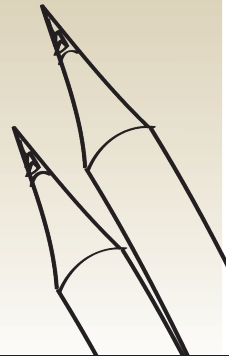




ELITE ACADEMIC ACADEMY



HEALTH AND WELLNESS

WORK BOOK

QUICK LINKS

1-DAY FOOD LOG

Track one day of food intake

NUTRITION HABIT LOG

Practice a new habit each week and track progress

MOVEMENT LOG

Practice movements and track them daily

WEEKLY PROGRESS FORM

Fill out this form at the end of each week to submit results

MOVEMENT 4-WEEK PROGRESS FORM

Complete after four weeks of practice on one movement

FEEDBACK FORM

Provide feedback at any time about the program



candace@sportsacademy.us

Candace's background is a combination of fitness, education, and creativity, ultimately leading her to coaching corporate wellness. In 2011, she created an event company focused on wellness. Candace found her niche in the tech industry, working with corporate clients. Her organization provided relief in fast-paced, working environments by stimulating the brain's left side through creativity, and mind-body practices. Candace relocated to Southern California and started working with Sports Academy in 2018. Candace is a certified personal trainer, yoga teacher, and exercise nutrition coach. Some of Candace's certifications include NASM CPT, CES, SFS, RYT200, RPYT, RKC, PN1, and NOLS Wilderness Medicine.

3 COMPONENTS EVERY WEEK

Over the next 28 weeks, your curated health and wellness program will focus on three categories: movement, nutrition, and mindfulness.

MOVEMENT

Counteract the effects sitting for extended periods of time have on the body through specific movements and micro adjustments.

01

02

03

NUTRITION

Cultivate appetite awareness and intuitive eating patterns to support a healthy lifestyle change.

MINDFULNESS

Learn tools to improve mental well being in 2020 and beyond.



MOVEMENT

- The movement portion of each programed week aims to improve mobility, flexibility and reverse the effects of sitting for long periods of time.
- Throughout the program, you will build a library of curated movements to practice.
- One measurable movement will be taught in detail each session.
- Progress will be self-tracked through pages in this workbook.
- Every four weeks, movements are remeasured, and results logged in the progress form: [Movement 4-Week Progress](#)

YOU WILL NEED:

1. **Wall space for some movements**
2. **Floor space for some movements**
3. **Measuring tape or ruler**
4. **Pencil**
5. **Movement Log**
6. **A Blanket**



NUTRITION

- Small changes each week allow healthy nutrition practices to feel natural and attainable.
- You'll learn to create appetite awareness and develop intuitive eating patterns to support a healthy lifestyle.
- The 1-Day Food Log is used to help you become aware of current nutrition patterns by tracking a single day's worth of food. This is used periodically throughout the program.
- The Habit tracker allows you to see all the nutrition habits you've built and track consistency.
- Nutrition habits will be tracked in your workbook and logged once a week in the [Weekly Progress Log](#)

YOU WILL NEED:

1. **1-Day Food Log**
2. **Nutrition Habit Log**
3. **Pen or pencil**



MINDFULNESS

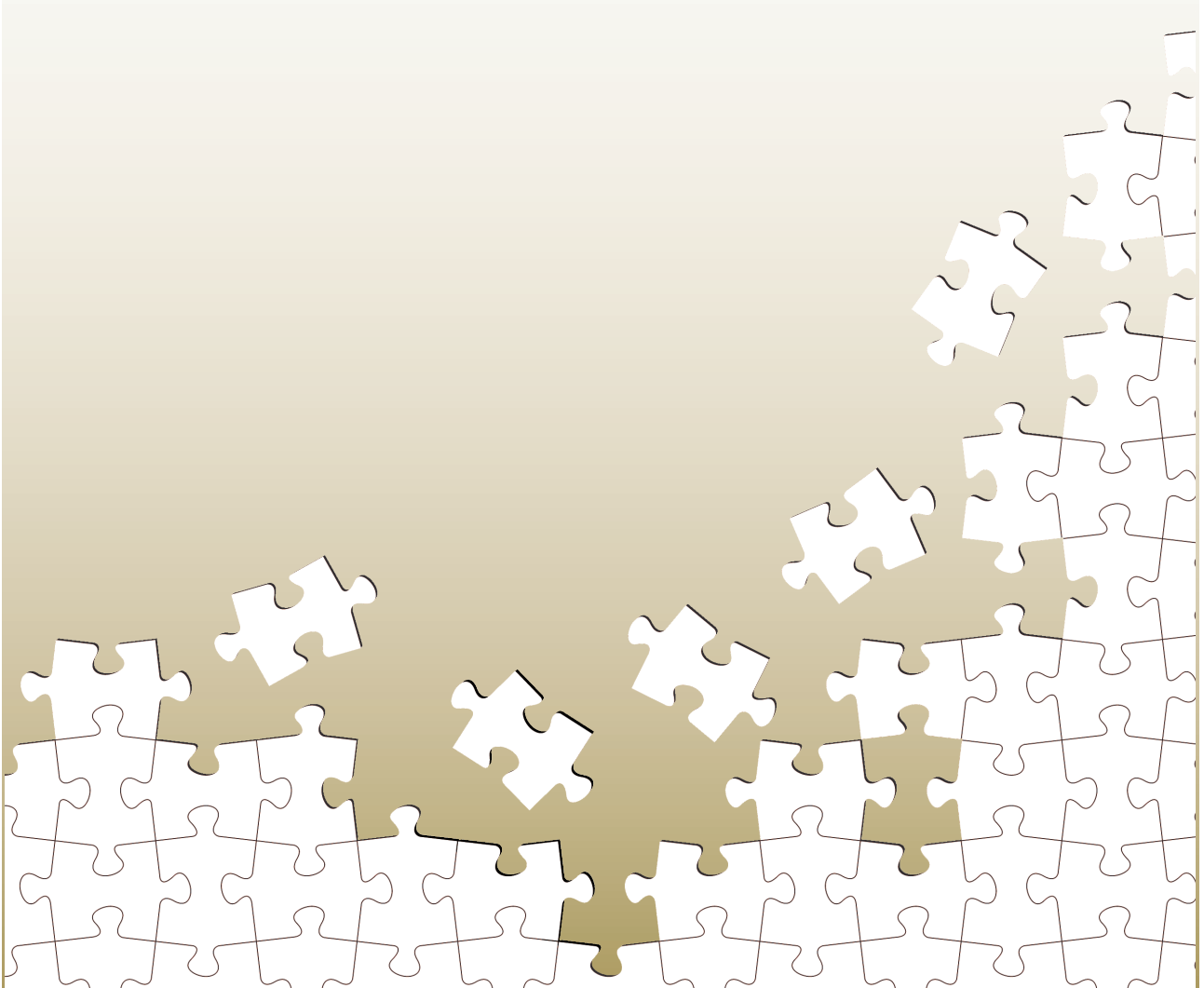
- The mindfulness portion of this program aims to help you find space in your daily routine.
- I'll be sharing tips on topics like meditation, breath work, and behavior change.
- Mindfulness practice will help you improve mental well-being, manage stress, and relax through a variety of techniques.
- Mindfulness practice is personal and will likely develop differently for each person. You are encouraged to try different methods and continue to practice the ones that work best for you.
- Sight, sound, and smell are used at various times in this portion of the program.

YOU WILL NEED:

- 1. A quiet place**
- 2. An device to play sound**
- 3. Optional aids may be used as suggested: candle, oils, etc.**

BUILD-ON PROGRAMMING

- This program is in a 'build-on' format with new information each week you are encouraged to practice.
- One skill is explained in each key category per week to make healthy lifestyle changes realistic and most attainable.
- If you find yourself struggling with a new habit or practice, you can come back to it while continuing to practice healthy habits you've already included.





(Date) _____

1-DAY FOOD LOG

TIME	MEAL	INFO	TYPE	NOTES
*Time of meal	BREAKFAST LUNCH DINNER SNACK	*What did you eat or drink? Write it here	HOMEMADE PACKAGED RESTAURANT	*Include how you felt, was it satisfying, were you full, etc.
	BREAKFAST LUNCH DINNER SNACK		HOMEMADE PACKAGED RESTAURANT	
	BREAKFAST LUNCH DINNER SNACK		HOMEMADE PACKAGED RESTAURANT	
	BREAKFAST LUNCH DINNER SNACK		HOMEMADE PACKAGED RESTAURANT	
	BREAKFAST LUNCH DINNER SNACK		HOMEMADE PACKAGED RESTAURANT	

DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?

MY FOOD COMMITMENT IS...

*What commitment will you make to yourself during this challenge? Email to a co-worker to help you stay accountable.



(Nutrition habit here)

NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	11
Sa	12	09	06	13	10	08	12
Su	13	10	07	14	11	09	13
Mo	14	11	08	15	12	10	14
Tu	15	12	09	16	13	11	15
We	16	13	10	17	14	12	16
Th	17	14	11	18	15	13	17
Fr	18	15	12	19	16	14	18
Sa	19	16	13	20	17	15	19
Su	20	17	14	21	18	16	20
Mo	21	18	15	22	19	17	21
Tu	22	19	16	23	20	18	22
We	23	20	17	24	21	19	23
Th	24	21	18	25	22	20	24
Fr	25	22	19	26	23	21	25
Sa	26	23	20	27	24	22	26
Su	27	24	21	28	25	23	27
Mo	28	25	22	29	26	24	28
Tu	29	26	23	30	27	25	29
We	30	27	24	31	28	26	30
Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Each nutrition habit has a Nutrition Habit Log to track consistency.

NOTES:

*Write notes to yourself here. For example, patterns you recognize or personal consistency goals and incentives.



(Movement name here)

MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Su	13	10	07	14	11	09	
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Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

*Mark off days you complete the movement.

*Put a star on days you will track 4-week progress

Each movement has a Movement Log to track consistency and record measured progress.

START

*Add your measurements here...

CHECK 1

*And here after 4-weeks...

CHECK 2

*And here after 4 more weeks.



DATE: _____

1-DAY FOOD LOG

TIME	MEAL	INFO	TYPE	NOTES
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?				
MY FOOD COMMITMENT IS...				

Send this form to a co-worker to help you stay accountable.



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
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Sa	19	16	13	20	17	15	
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Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
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Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
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NOTES:



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	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
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START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



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	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
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Mo	21	18	15	22	19	17	
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Sa		30	27			29	
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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
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Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
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Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
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Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
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Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
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Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
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Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
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Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	28	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on
one week at
a time. Try to
be consistent
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week before
adding new
habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

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CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

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CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

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CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on
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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

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CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
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Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Su	13	10	07	14	11	09	
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Th	17	14	11	18	15	13	
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Su	20	17	14	21	18	16	
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Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

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CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
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Fr		29	26		30	28	
Sa		30	27			29	
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MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
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MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
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We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
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Fr		29	26		30	28	
Sa		30	27			29	
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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

Focus on one week at a time. Try to be consistent for one week before adding new habits.

NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



NUTRITION LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
Fr	11	08	05	12	09	07	
Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

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NOTES:



MOVEMENT LOG

	Dec	Jan	Feb	Mar	Apr	May	Jun
Mo				01			
Tu				02			01
We				03			02
Th	03			04	01		03
Fr	04	01		05	02		04
Sa	05	02		06	03	01	05
Su	06	03		07	04	02	06
Mo	07	04	01	08	05	03	07
Tu	08	05	02	09	06	04	08
We	09	06	03	10	07	05	09
Th	10	07	04	11	08	06	10
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Sa	12	09	06	13	10	08	
Su	13	10	07	14	11	09	
Mo	14	11	08	15	12	10	
Tu	15	12	09	16	13	11	
We	16	13	10	17	14	12	
Th	17	14	11	18	15	13	
Fr	18	15	12	19	16	14	
Sa	19	16	13	20	17	15	
Su	20	17	14	21	18	16	
Mo	21	18	15	22	19	17	
Tu	22	19	16	23	20	18	
We	23	20	17	24	21	19	
Th	24	21	18	25	22	20	
Fr	25	22	19	26	23	21	
Sa	26	23	20	27	24	22	
Su	27	24	21	28	25	23	
Mo	28	25	22	29	26	24	
Tu	29	26	23	30	27	25	
We	30	27	24	31	28	26	
Th	31	38	25		29	27	
Fr		29	26		30	28	
Sa		30	27			29	
Su		31	28			30	

START

CHECK 1

CHECK 2

CHECK 3

CHECK 4



DATE: _____

1-DAY FOOD LOG

TIME	MEAL	INFO	TYPE	NOTES
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?				
MY FOOD COMMITMENT IS...				

Send this form to a co-worker to help you stay accountable.



DATE: _____

1-DAY FOOD LOG

TIME	MEAL	INFO	TYPE	NOTES
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?				
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DATE: _____

1-DAY FOOD LOG

TIME	MEAL	INFO	TYPE	NOTES
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
	BREAKFAST LUNCH DINNER SNACK _____		HOMEMADE PACKAGED RESTAURANT _____	
DO YOU NOTICE PATTERNS? WHERE CAN YOU IMPROVE?				
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