

HEALTHY HABITS GOAL TRACKER

Month

Year

WeighToMaintain.com

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
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| DAILY HABITS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| No Unplanned Night Eating | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Weigh In | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 Cups Water | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Personal Development | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Track Food | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Workout | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shakeology/Green Smoothie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Challenge Group Check-In | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Journal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Social Media Accountability | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| No reading while eating! | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEEKLY HABITS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plan Meals | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grocery Shop/Prep Food | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plan Workouts | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weigh & Measure | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Review Goals & Week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| DAILY HABITS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FOCUS Habit: | What is the one habit which, done regularly, will get you the MOST results?? This is your FOCUS goal. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| WEEKLY HABITS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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GOALS and ACTION STEPS

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Write at least 2 goals—one for fitness and one for your nutrition and then separate out into A, B and C goals. An A goal is one that is a STRETCH — not impossible, but definitely not easy. For fitness it might be working out 6 days per week. Your B goal, in the same category, is REALISTIC, but not easy. So working out 5 days per week might be a good B goal. Your C goal should be SO SIMPLE IT'S LAUGHABLE! Why? I want you to reach every single goal. For me, working out 3 days per week is a no brainer.

Nutrition A, B and C goals might be cooking dinner at home 6 nights, or 4 nights, or 3 nights per week. Or skipping nighttime snacks 7 days, or 5 days or 3 days. Get it? Now it's your turn!

| A GOAL | B GOAL | C GOAL |
|-----------------------------------|-----------------------------------|----------------------------------|
| FITNESS GOALS | | |
| Workout 6 days per week. | Workout 5 days per week. | Workout 3 days per week. |
| | | |
| | | |
| NUTRITION GOALS | | |
| No unplanned night eating 7 days. | No unplanned night eating 5 days. | No unplanned night eating 2 days |
| | | |
| | | |

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| A GOAL | B GOAL | C GOAL |
|------------------------|--------|--------|
| FITNESS GOALS | | |
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| NUTRITION GOALS | | |
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