

EVERY DAY HEALTH TRACKER

Fitness

Every Day Health Tracker

Tracking health is an important element of sustainable habits. Give yourself a checkmark for each item you incorporate in a day. Don't think about doing all in one day. Focus on getting all checked during the week!

ACTIVITY	M	T	W	TH	F	S	S
DRINK 64 OUNCES OF WATER							
EAT A BALANCED BREAKFAST							
TAKE THE STAIRS							
5 MINUTES OF QUIET							
VEGETABLE AT EVERY MEAL							
EXERCISE							
STRETCH							
GOOD PORTIONS							
8 HOURS OF SLEEP							
PLAN FOR TOMORROW							