

Week _____							
Healthy Habit	M	T	W	Th	Fri	Sat	Su
7 Hours of Sleep							
40 oz water							
24 oz water (additional water)							
20 min intentional movement							
20 min intentional movement							
20 min intentional movement							
Vegetable							
Vegetable							
Vegetable							
Vegetable							
Vegetable							
Fruit (or additional veg)							
Fruit (or additional veg)							
Mindful eating							
Mindful eating							
Mindful eating							
under 75g of "added sugars"							
under 50g of "added sugars"							
under 25g of "added sugars"							
No junk food today							
No refined starches today							
Personal healthy habit goal of: _____							
<b>Total Score</b>							
<b>Weekly Score is: _____</b>							