30-DAY FITNESS

Habit Tracker Challenge

Pick 4 habits • tick every day

Move 20+ min	Water 8 cups	Protein focus	Sleep by 11

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 ☐☐☐☐

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30-DAY FITNESS

Weekly Check-Ins

Honest review keeps the streak alive

WEEK 1

Energy (1–5)

Wins

Stuck points

Next week focus

WEEK 2

Energy (1–5)

Wins

Stuck points

Next week focus

WEEK 3

Energy (1–5)

Wins

Stuck points

Next week focus

WEEK 4

Energy (1–5)

Wins

Stuck points

Next week focus