



**Week 1**  
**6 Week Health Habits Tracker Checklist**

***Fill out this checklist everyday***

	M	T	W	T	F	S	S	Total
I planned my meals for today <b>(2 Points)</b>								
I walked 10,000 steps today <b>(2 Points)</b>								
I drank 2-3 litres of water today <b>(1 Point)</b>								
I had breakfast today <b>(1 Point)</b>								
I journaled my food in Myfitnesspal <b>(1 Point)</b>								
I had a carbless dinner today <b>(1 Point)</b>								
I only had my allocated desert tonight and nothing else <b>(1 Point)</b>								
Getting 6-8 hours sleep per night <b>(1 Point)</b>								
Total								

If you have achieved a certain task on the above graph place the allocated points in that table. For example if you have planned your meals for the entire day on Monday allocate 2 Points on Mondays square. Keep doing this for all categories and tally up your points for the day, a total of 10 points may be allocated for a certain day.

If you scored a total of:

- 60-70: You're Awesome & Have a Fantastic Body (or in the making)
- 50-59: You have Excellent habits and probably a great butt (or on your way ☺)
- 40-49: You have Good Habits (and will probably lose between 0.5-1kg this week ☺)
- 30-39: You're OK, but not really (Seriously take it up a notch princess ☺)
- 20-29: You have issues (Talk to your trainer or class instructor immediately!!!)

Yours sincerely

Denver Oliveux  
**Looking Good & Feeling Great**  
*We Go the Extra Mile!!*



## Week 2

	M	T	W	T	F	S	S	Total
I planned my meals for today <b>(2 Points)</b>								
I walked 10,000 steps today <b>(2 Points)</b>								
I drank 2-3 litres of water today <b>(1 Point)</b>								
I had breakfast today <b>(1 Point)</b>								
I journaled my food in Myfitnesspal <b>(1 Point)</b>								
I had a carbless dinner today <b>(1 Point)</b>								
I only had my allocated desert tonight and nothing else <b>(1 Point)</b>								
Getting 6-8 hours sleep per night <b>(1 Point)</b>								
Total								

## Week 3

	M	T	W	T	F	S	S	Total
I planned my meals for today <b>(2 Points)</b>								
I walked 10,000 steps today <b>(2 Points)</b>								
I drank 2-3 litres of water today <b>(1 Point)</b>								
I had breakfast today <b>(1 Point)</b>								
I journaled my food in Myfitnesspal <b>(1 Point)</b>								
I had a carbless dinner today <b>(1 Point)</b>								
I only had my allocated desert tonight and nothing else <b>(1 Point)</b>								
Getting 6-8 hours sleep per night <b>(1 Point)</b>								
Total								

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**Looking Good and Feeling Great Pty Ltd ABN 85 112 426 052**

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## Week 4

	M	T	W	T	F	S	S	Total
I planned my meals for today <b>(2 Points)</b>								
I walked 10,000 steps today <b>(2 Points)</b>								
I drank 2-3 litres of water today <b>(1 Point)</b>								
I had breakfast today <b>(1 Point)</b>								
I journaled my food in Myfitnesspal <b>(1 Point)</b>								
I had a carbless dinner today <b>(1 Point)</b>								
I only had my allocated desert tonight and nothing else <b>(1 Point)</b>								
Getting 6-8 hours sleep per night <b>(1 Point)</b>								
Total								

## Week 5

	M	T	W	T	F	S	S	Total
I planned my meals for today <b>(2 Points)</b>								
I walked 10,000 steps today <b>(2 Points)</b>								
I drank 2-3 litres of water today <b>(1 Point)</b>								
I had breakfast today <b>(1 Point)</b>								
I journaled my food in Myfitnesspal <b>(1 Point)</b>								
I had a carbless dinner today <b>(1 Point)</b>								
I only had my allocated desert tonight and nothing else <b>(1 Point)</b>								
Getting 6-8 hours sleep per night <b>(1 Point)</b>								
Total								

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## Week 6

	M	T	W	T	F	Total
I planned my meals for today <b>(2 Points)</b>						
I walked 10,000 steps today <b>(2 Points)</b>						
I drank 2-3 litres of water today <b>(1 Point)</b>						
I had breakfast today <b>(1 Point)</b>						
I journaled my food in Myfitnesspal <b>(1 Point)</b>						
I had a carbless dinner today <b>(1 Point)</b>						
I only had my allocated desert tonight and nothing else <b>(1 Point)</b>						
Getting 6-8 hours sleep per night <b>(1 Point)</b>						
Total						