Week 1
6 Week Healthy Habits Tracker Checklist

Fill out this checklist everyday

	M	T	W	T	F	S	S	Total
I planned my meals for today **(2 Points)**								
I walked 10,000 steps today **(2 Points)**								
I did my resistance training program **(1 Point)**								
I drank 2-3 litres of water today **(1 Point)**								
I had breakfast today **(1 Point)**								
I journaled my food in MyFitnessPal **(1 Point)**								
I only had my allocated desert tonight and nothing else **(1 Point)**								
Getting 6-8 hours sleep per night **(1 Point)**								
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!!

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PERSONAL TRAINING

Week 2

	M	T	W	T	F	S	S	Total
I planned my meals for today **(2 Points)**								
I walked 10,000 steps today **(2 Points)**								
I did my resistance training program **(1 Point)**								
I drank 2-3 litres of water today **(1 Point)**								
I had breakfast today **(1 Point)**								
I journaled my food in MyFitnessPal **(1 Point)**								
I only had my allocated desert tonight and nothing else **(1 Point)**								
Getting 6-8 hours sleep per night **(1 Point)**								
Total								

Week 3

	M	T	W	T	F	S	S	Total
I planned my meals for today **(2 Points)**								
I walked 10,000 steps today **(2 Points)**								
I did my resistance training program **(1 Point)**								
I drank 2-3 litres of water today **(1 Point)**								
I had breakfast today **(1 Point)**								
I journaled my food in MyFitnessPal **(1 Point)**								
I only had my allocated desert tonight and nothing else **(1 Point)**								
Getting 6-8 hours sleep per night **(1 Point)**								
Total								

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Week 4

	M	T	W	T	F	S	S	Total
I planned my meals for today **(2 Points)**								
I walked 10,000 steps today **(2 Points)**								
I did my resistance training program **(1 Point)**								
I drank 2-3 litres of water today **(1 Point)**								
I had breakfast today **(1 Point)**								
I journaled my food in MyFitnessPal **(1 Point)**								
I only had my allocated desert tonight and nothing else **(1 Point)**								
Getting 6-8 hours sleep per night **(1 Point)**								
Total								

Week 5

	M	T	W	T	F	S	S	Total
I planned my meals for today **(2 Points)**								
I walked 10,000 steps today **(2 Points)**								
I did my resistance training program **(1 Point)**								
I drank 2-3 litres of water today **(1 Point)**								
I had breakfast today **(1 Point)**								
I journaled my food in MyFitnessPal **(1 Point)**								
I only had my allocated desert tonight and nothing else **(1 Point)**								
Getting 6-8 hours sleep per night **(1 Point)**								
Total								

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PERSONAL TRAINING

Week 6

	M	T	W	T	F	S
I planned my meals for today **(2 Points)**						
I walked 10,000 steps today **(2 Points)**						
I did my resistance training program **(1 Point)**						
I drank 2-3 litres of water today **(1 Point)**						
I had breakfast today **(1 Point)**						
I journaled my food in MyFitnessPal **(1 Point)**						
I only had my allocated desert tonight and nothing else **(1 Point)**						
Getting 6-8 hours sleep per night **(1 Point)**						
Total						

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