



# HABIT TRACKER

Live your Life and Lose your Weight, for Good

April \_\_\_\_\_

STRONG WELLNESS



<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

<b>Habit:</b>						
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					

Days completed \_\_\_\_ / \_\_\_\_ = \_\_\_\_ %

Add up your percentages and

divide by 7 = \_\_\_\_\_

\_\_\_\_\_ % on plan for the month

\_\_\_\_\_ weight loss this month

**What did I learn about myself this month? How can I improve?**

---

---

