



HABIT TRACKER

STRONG WELLNESS

Live your Life and Lose your Weight, for Good

December _____

| | | | | | | |
|---------------|----|----|----|----|----|----|
| Habit: | | | | | | |
| 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 ____ / ____ = ____ %

| | | | | | | |
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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?
