



HABIT TRACKER

STRONG WELLNESS

Live your Life and Lose your Weight, for Good

October _____

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?
