

REVERSE THE REGAIN

Daily Habit Tracker

TODAY'S DATE

Healthy Habits + Awareness = Success

Use this tracker to monitor your daily habits to make sure you're meeting all of your nutrition, lifestyle and mindset goals. Use the blank sections to add your own.

FOOD LOG



BREAKFAST

LUNCH

DINNER

SNACK

NUTRITION HABITS

- PROTEIN FIRST
- VEGETABLE AT EVERY MEAL
- CARBS UNDER 50 GRAMS
- DAILY MULTIVITAMIN
- B12 VITAMIN
- CALCIUM
- D VITAMIN
- EAT SLOWLY
- NO LIQUIDS FOR 30 MINUTES AFTER MEALS

WATER



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY AFFIRMATION



MOOD LOG



LIFESTYLE HABITS

- SLEEP 7-9 HOURS
- EXERCISE 30+ MIN.
- 10K STEPS
- MEDITATION
- SELF-CARE
- JOURNALING
- DAILY INTENTIONS
- MEAL PLAN
- MEAL PREP

GRATITUDE



What are 3 things you are grateful for today?

SELF-CARE ACTIVITY



NOTES: