

HABIT TRACKER

WEEK OF:_____

MEALS		WORKOUT	ı
B		STRENGTH	ı
D		CARDIO	
	_	WATER	
CALORIES IN		CALORIES OUT	

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MEALS	WORKOUT	
[B]	 STRENGTH	
	 CARDIO	_
	WATER	٥ (
CALORIES IN	CALORIES OUT	

MEALS	WORKOUT	
B	STRENGTH	
	 CARDIO	-
	WATER	٥٥
CALORIES IN	CALORIES OUT	

MEALS	WORKOUT	
B	 STRENGTH	—I
D	 CARDIO	_
	WATER	٥ (
CALORIES IN	CALORIES OUT	

WORKOUT
 STRENGTH
 CARDIO
WATER
CALORIES OUT

	MEALS	WORKOUT
B .		 STRENGTH
- 2		 CARDIO
 \$ -		 WATER
 		 00000000
CAL	ORIES IN	CALORIES OUT

MEALS WORKOUT STRENGTH CARDIO WATER		
CARDIO	MEALS	WORKOUT
WATER	B	STRENGTH
(III)		CARDIO
 	 	— WATER
CALORIES IN CALORIES OUT	CALORIES IN	CALORIES OUT

NOTES