



MOVIN' MOUNTAINS

Slamdown Challenge 2022

HABIT TRACKER

WEEK OF: _____

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	_____
D	_____	○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	_____
D	_____	○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	_____
D	_____	○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	_____
D	_____	○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	_____
D	_____	○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
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CALORIES IN		CALORIES OUT	

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	_____
D	_____	○ ○ ○ ○ ○ ○ ○ ○	
CALORIES IN		CALORIES OUT	

NOTES	

