

30-Day Healthy Habits Tracker

Small, repeatable actions add up.

MONTH

MY FOCUS THIS MONTH

Tick what you did. Blank days aren't failures — they're just information. Aim for a pattern, not a perfect row.

DAYS 1-15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Drink enough water															
Eat protein with meals															
Eat fruit or vegetables															
Move my body															
Prepare / plan food															
Get enough sleep															

DAYS 16-30	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Drink enough water															
Eat protein with meals															
Eat fruit or vegetables															
Move my body															
Prepare / plan food															
Get enough sleep															

Fill this in once a week – five minutes, no scoring. The useful bit isn't how many boxes you ticked, it's what made ticking them easier.

	WHAT FELT EASY?	WHAT GOT IN THE WAY?	WHAT WILL I MAKE EASIER?
Week 1			
Week 2			
Week 3			
Week 4			

End of the Month

[illegible]

A missed day isn't a failed month. Six habits, mostly done, beats two habits done perfectly for a fortnight.

Ready to take the guesswork out of the food side? A personalised 7-day plan is **£19.99** once. No subscription.