

your ACHEIVEMENT ALLY

FOOD, MOVEMENT, WATER + SLEEP TRACKER

Directions:

Write your daily frequency goal on the line provided for each action item. Mark off each box or icon as you complete them.

water

 ½ your body weight in ounces

sleep

 7+ hours

move

 30+ minutes

veggies

fruit

protein

carbs

1
 fats

1
 seeds + dressings

oils & nut butters

MONDAY
date:

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TUESDAY
date:

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WEDNESDAY
date:

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THURSDAY
date:

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FRIDAY
date:

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SATURDAY
date:

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SUNDAY
date:

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have questions?

scan the QR code.

