

Habit Tracker

Cherokee Family
HEALTHCARE

WEEK OF

[illegible]

Meal Plan

SUNDAY

BREAKFAST	LUNCH	DINNER	SNACKS

MONDAY

BREAKFAST	LUNCH	DINNER	SNACKS

TUESDAY

BREAKFAST	LUNCH	DINNER	SNACKS

WEDNESDAY

BREAKFAST	LUNCH	DINNER	SNACKS

THURSDAY

BREAKFAST	LUNCH	DINNER	SNACKS

FRIDAY

BREAKFAST	LUNCH	DINNER	SNACKS

SATURDAY

BREAKFAST	LUNCH	DINNER	SNACKS

Cherokee Family
HEALTHCARE

YEAR:

[illegible]

Weight Loss Tracker

MONTH:

YEAR:

[illegible]



Monthly Water Challenge

NOTES

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Calories Tracker

MONTH:

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACK
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

Daily Workout Planner

NAME:

DATE:

S	M	T	W	T	F	S	TIME	CALORIES BURNED
BEFORE							AFTER	

Weight Loss
Journey



Weekly Workout Plan

SUN	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest
MON	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest
TUE	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest
WED	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest
THU	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest
FRI	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest
SAT	FOCUS ☐ Full Body ☐ Upper Body ☐ Core ☐ Lower Body ☐ Active Rest

Health Habit

WEEK OF _____

	MENU PLANNER	WORKOUT	WATER INTAKE
SUNDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		
MONDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		
TUESDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		
WEDNESDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		
THURSDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		
FRIDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		
SATURDAY	BREAKFAST	EXERCISE	    
	LUNCH		
	DINNER	CALORIES BURNED	    
	SNACKS		