

6 HEALTHY HABITS

			wake time				quick yday	worko	outs		
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	more etable	es				Drin wate	k eno er	ugh			

CALORIE TRACKER date:

breakfast	proteins	carbs	fats	calories
lunch				
dinner				
			1	
snacks				

MY MEASUREMENTS

month:

arms		legs
week 1:	_	week 1:
week 2:	_	week 2:
week 3:	_	week 3:
week 4:	_	week 4:
difference:	_	difference:
hips		waist
week 1:		week 1:
week 2:	_	week 2:
week 3:	_	week 3:
week 4:	_	week 4:
difference:	_	difference:
bust		weight
week 1:	_	week 1:
week 2:	_	week 2:
week 3:	_	week 3:
week 4:	_	week 4:
difference:	_	difference:
	notes	

BEFORE & AFTER

before photo	before photo
date:	date:
weight:	weight:
bust:	bust:
waist:	waist:
arm:	arm:
hips:	hips:
thigh:	thigh:

HEALTH MEAL PLAN

1,700 calories

Breakfast (347 calories)	notes
Avocado-Egg Toast	
- 1 slice whole-grain bread	
- 1/2 medium avocado	
- 1 large egg, cooked in 1/4 tsp. olive oil or	
coat pan with a thin layer of cooking spray	
(1-second spray). Season egg with a pinch	
of salt and pepper.	
Snack (243 calories)	
- One banana	
One cup plain yogurt	
- Coffee / tea without sugar	
Lunch (425 calories)	
- Chicken breast (6-ounce portion), baked or	
roasted (not breaded or fried)	
- Large garden salad with tomato and onion	
with one cup croutons, topped with one ta-	
blespoon oil and vinegar (or salad dressing)	
Snack (202 calories)	
- One apple	
- One pita with two tablespoons hummus	
- Sparkling water with lemon or lime slice	
Dinner (496 calories)	
8-ounce serving of turkey breast meat	
- One cup baked beans	
One cup cooked carrots	
One cup of broccoli	
All calculations are approximate. This is an	
example of a daily meal plan. The amount of	
calories your body needs depends on your age,	
weight, and physical activity level.	

WORKOUT PLAN

date:

muscles group:

day	weights	reps	sets	time
	T			

WORKOUT SCHEDULE

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 1							
week 2							
week 3							
week 4							

WORKOUT PROGRAM IN GYM

Legs & glutes

- Warm up 10-15 minutes
- Dumbbell Walking Lunges 3 sets of 10 reps, each leg
- Barbell Hip Thrusts 3 sets of 10 reps
- Bulgarian Split Squats 3 sets of 12 reps, each leg
- Barbell Deadlift 3 sets of 10 reps
- Hamstring Curls 3 sets of 12 reps
- Take 60 to 90 seconds rest in between each set.

Arm & shoulder

- Warm up 10-15 minutes
- Boxer Squat Punch 3 sets of 20 reps
- Elbow Squeeze Press 3 sets of 15 reps
- Bicep Curls 3 sets of 15 reps

- Tricep Dips 3 sets of 12 reps
- Dumbbell Punches 3 sets of 15 reps
- Take 60 to 90 seconds rest in between each set.

Back & abs

- Warm up 10-15 minutes
- Suspension Row 3 sets of 12 reps
- Seated Cable Row 3 sets of 12 reps
- Bent-Over Dumbbell Row 3 sets of 10 reps
- Bicycle crunches 3 sets of 20 reps
- Leg raise 3 sets of 20 reps
- Take 60 to 90 seconds rest in between each set.

Stretching & cardio

- Warm up 10-15 minutes
- Running / Incline walking 45 minutes
- Upward Facing Dog
- Downward Facing Dog

- Pigeon
- Head-to-Knee Forward Bend
- Forward Bend

WORKOUT PROGRAM IN GYM

Legs & glutes

- Warm up 10-15 minutes
- Backward Lunges 3 sets of 15 reps, each leg
- Glute Bridge 3 sets of 15 reps
- Squat 3 sets of 20 reps
- Donkey Kicks

- 3 sets of 15 reps, each leg
- Hamstring Curls 3 sets of 12 reps
- Take 60 to 90 seconds rest in between each set.

Arm & shoulder

- Warm up 10-15 minutes
- Push-up 3 sets of 10 reps
- Inchworm 3 sets of 10-12 reps
- Boxer Squat Punch 3 sets / 60 seconds
- Tricep Dips 3 sets / 45 seconds
- Dumbbell Punches (use water bottles) -
- 3 sets of 15 reps
- Take 60 to 90 seconds rest in between each set.

Back & abs

- Warm up 10-15 minutes
- Reverse Snow Angels 3 sets of 15 reps
- Dolphin Kick 3 sets of 15 reps
- Plank 3 sets /3-5 minutes each
- Bicycle crunches 3 sets of 20 reps
- Leg raise 3 sets of 20 reps
- Take 60 to 90 seconds rest in between each set.

Stretching & cardio

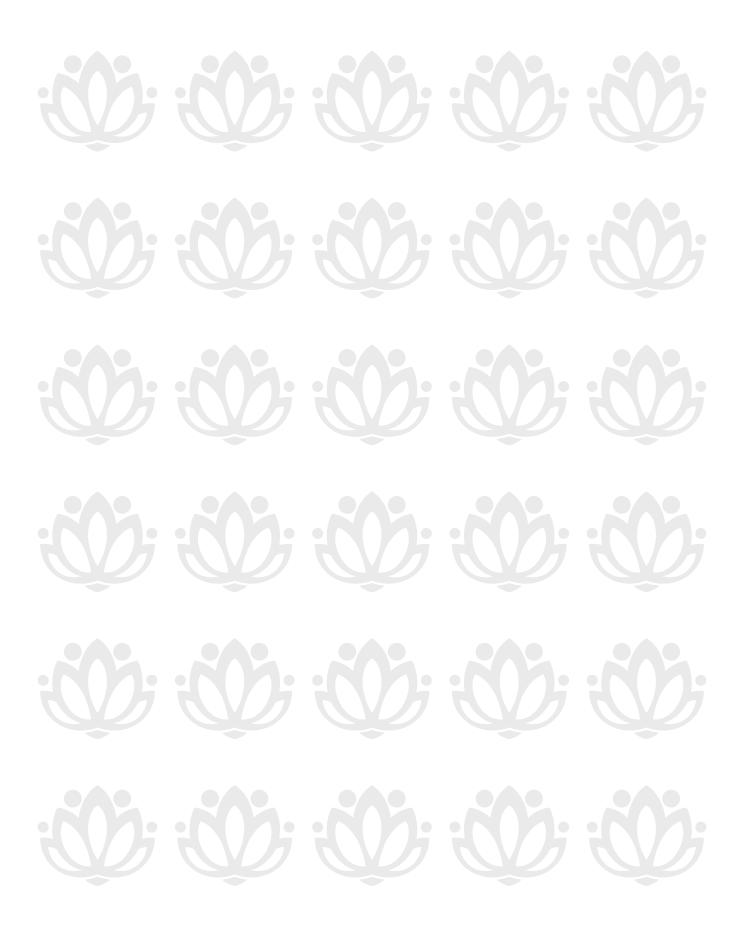
- Warm up 10-15 minutes
- -Running / walking around neighborhood
- 45 minutes
- Upward Facing Dog
- Downward Facing Dog

- Pigeon
- Head-to-Knee Forward Bend
- Forward Bend

WORKOUT SCHEDULE month:

sunday	monday	tuesday	wednesday	thursday	friday	saturday

30 DAYS OF YOGA



HABIT TRACKER

month:

habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
																															7

WATER TRACKER

month:

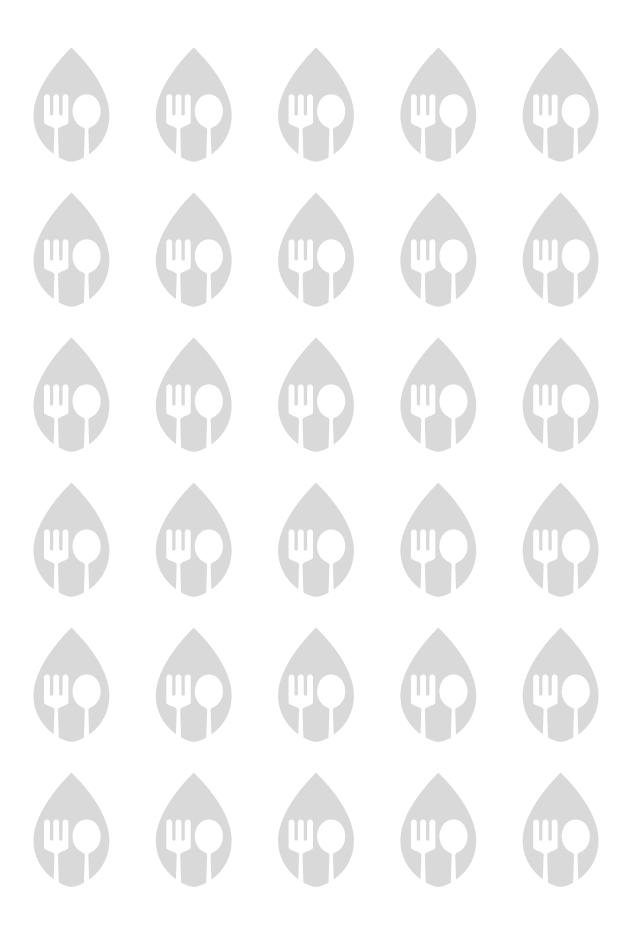
day	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups
1								
2	•	•	•	•	•	•	•	•
3	•	•	•	•	•	•	•	•
4	•	•	•	•	•	•	•	•
5	•			•	•	•	•	•
6	•	•	•	•	•	•	•	•
7	•	•	•	•	•	•	•	•
8	•	•	•	•	•	•	•	•
9	•	•	•	•	•	•	•	•
10	•	•	•	•	•	•	•	•
11	•	•	•	•	•	•	•	•
12	•	•	•	•	•	•	•	•
13	•	•	•	•	•	•	•	•
14	•	•	•	•	•	•	•	•
15	•	•	•	•	•	•	•	•
16	•	•	•	•	•	•	•	•
17	•	•	•	•	•	•	•	•
19	•	•	•	•	•	•	•	•
20	•	•	•	•	•	•	•	•
21	•	•	•	•	•	•	•	•
22	•	•	•	•	•	•	•	•
23	•	•	•	•	•	•	•	•
24	•	•	•	•	•	•	•	•
25	•	•	•	•	•	•	•	•
26	•	•	•	•	•	•	•	•
27	•	•	•	•	•	•	•	•
28	•	•	•	•	•	•	•	•
29	•	•	•	•	•	•	•	•
30	•	•	•	•	•	•	•	•
31	•	•	•	•	•	•	•	•

HABIT TRACKER

month:

habit	time	S	m	t	W	t	f	S
		-						
		-						
		-						
		-						
habit	time	s	m	t	w	t	f	s
		-						
		-						
		-						
		-						
habit	time	S	m	t	W	t	f	S
habit	time	s -	m	t	w	t	f	S
habit		s - •	m	t	w	t	f	\$
		s - 0	m	t	w	t	f	s
		s - 0 - 0	m	t	w	t	f	s
				0		t		
habit				0		0		
habit	time			0		0		
habit	time			0		0		

30-DAY CLEAN EATING CHALLENGE



30-DAY NO CHOCOLATE CHALLENGE

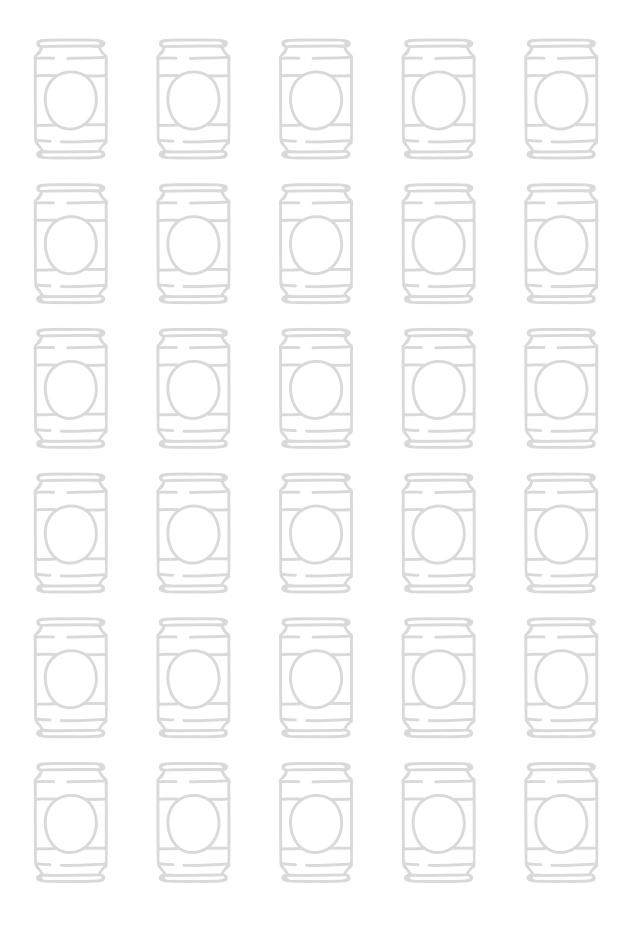
goal:



MY 30-DAY CHALLENGE

challenge:		start:	end:	
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

30-DAY NO SODA CHALLENGE



30-DAY CHALLENGE

start:	end:
1 2 3 4 5 6	7 8 9 10 11 12 13 14 15
16 17 18 19 20 21	22 23 24 25 26 27 28 29 30
challenge	motivation
action plan	reasons

STEP TRACKER

month:

daily goal:

1	2	3	4	5

6	7	8	9	10

11	12	13	14	15