



## **DAILY TRACKER**

### **How it helps?**

- Using a daily tracker helps you to see what areas of your day need improving, helping you perform better each day.
- You can see what areas need more work than others.
- You can see yourself improving each day.
- It's simple and quick to use.
- You can use it to set personal goals.

There's a lot of science behind how tracking your daily activities can be beneficial for you moving forward. This is just a simple tool to help you make positive changes in your daily routine. The aim is to get to point where all your areas score highly, and you start to feel great about yourself.

How it works is, you mark yourself between 1 – 10 for each category.

1 = **Not good**

10 = **Fantastic**

Laminate the card and use a non-permi marker so you can reuse it.

**GOOD LUCK**

**FIRED UP FITNESS**

**[www.firedupfitness.net](http://www.firedupfitness.net)**

**07914 693365**

**[michael@firedupfitness.net](mailto:michael@firedupfitness.net)**



## DAILY TRACKER

### FOOD CHOICES

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue

### WATER INTAKE

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue

### STRESS LEVEL

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue

### EXERCISE

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue

### DAILY MOOD

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue

### HOURS SLEEP

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue

If you are struggling to improve on any of the areas above and would like more help. Please contact me using the information below.

**Print this out and put it somewhere you'll see it.**