

Tools for Success

**NOW
AND
FOREVER**



R.P.G. HEALTH
PERSONALIZED
HOLISTIC
PRIMARY CARE



**Use any part of this you
find helpful, and don't
use what isn't. Not sure
what to put in the
blocks? Check out the
Life Skills section of
our website!!**

Healthy Habit Tracker

Week of: ___ / ___ / ___

Physical Health

☐ _____

☐ _____

☐ _____

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Mental Health

☐ _____

☐ _____

☐ _____

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Fitness

☐ _____

☐ _____

☐ _____

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Eating

☐ _____

☐ _____

☐ _____

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Sleeping

☐ _____

☐ _____

☐ _____

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Notes

Meal Plan

	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

WEEKLY PLANNER

Dates / / — / / / /

Monday	This week's focus
Tuesday	
Wednesday	Habits
Thursday	
Friday	
Saturday	
Sunday	Mood / Energy level

DAILY *planner*

DATE _____

M T W T F S S

MOOD



WEATHER



QUOTE OF THE DAY



BREAKFAST

LUNCH

DINNER

SNACKS



TO DO LIST



NOTES

TOP 3 PRIORITIES

1

2

3

SCHEDULE

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM



HABIT TRACKER

HABIT	CHECKLIST
	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031
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	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031
	123456789101112131415 16171819202122232425262728293031

NOTE

