Healthy Habits

Workbook

This Workbook

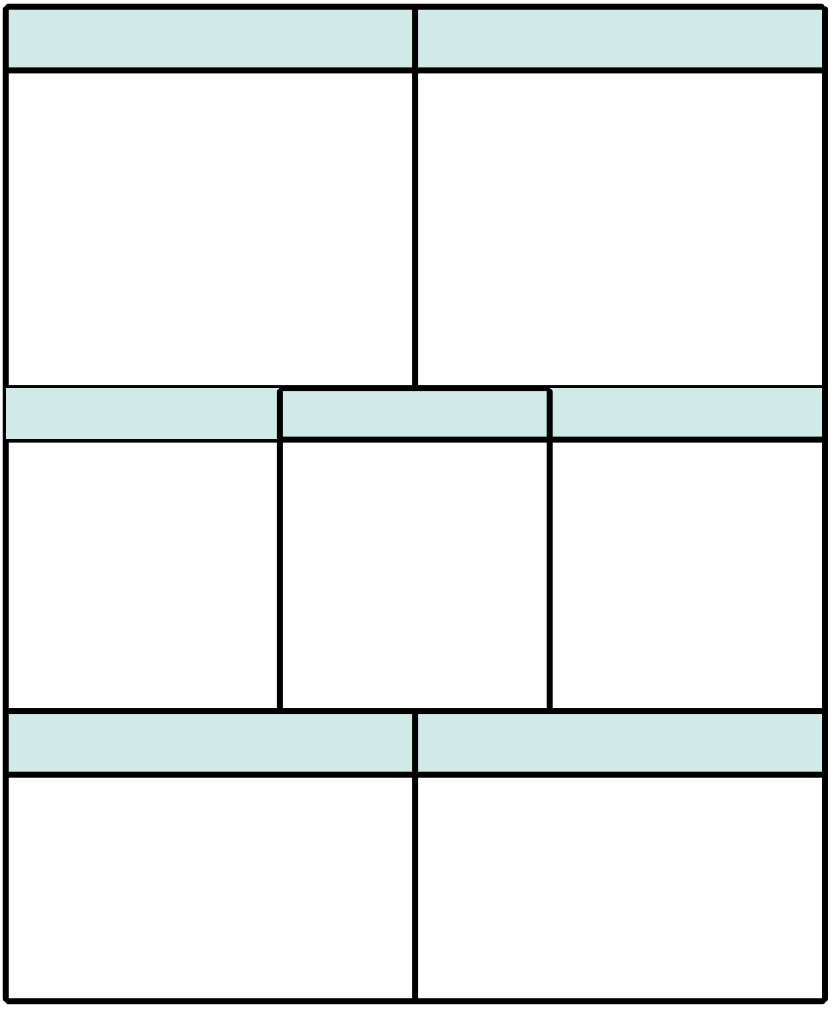
belongs to:

THE CURVEE TRAINER

FITNESS FOR CURVEE WOMEN

Healthy Habits

Vision Board



Healthy Habits

Bucket List

Healthy Habits

Fitness Tracker

WEEK 1: _____

Planned Workout		Actual Workout
	MONDAY	
Planned Workout		Actual Workout
	TUESDAY	
Planned Workout		Actual Workout
	WEDNESDAY	
Planned Workout		Actual Workout
	THURSDAY	
Planned Workout		Actual Workout
	FRIDAY	
Planned Workout		Actual Workout
	SATURDAY	
Planned Workout		Actual Workout
	SUNDAY	

Healthy Habits

Fitness Tracker

WEEK 2: _____

Planned Workout		Actual Workout
	MONDAY	
Planned Workout		Actual Workout
	TUESDAY	
Planned Workout		Actual Workout
	WEDNESDAY	
Planned Workout		Actual Workout
	THURSDAY	
Planned Workout		Actual Workout
	FRIDAY	
Planned Workout		Actual Workout
	SATURDAY	
Planned Workout		Actual Workout
	SUNDAY	

Healthy Habits

Fitness Tracker

WEEK 3:

Planned Workout		Actual Workout
	MONDAY	
	TUESDAY	
	WEDNESDAY	
	THURSDAY	
	FRIDAY	
	SATURDAY	
	SUNDAY	

Healthy Habits

Daily Meal Ideas

DATE:

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE:

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE:

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE:

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE:

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE:

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Daily Meal Ideas

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

Healthy Habits

Weekly Meal Ideas

DATE: _____

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Healthy Habits

Weekly Meal Ideas

DATE: _____

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Healthy Habits

Weekly Meal Ideas

DATE: _____

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Healthy Habits

Healthy Recipe

Name: _____

Category:	Prep Time:

Ingredients:

Notes:

Notes

Healthy Habits

Healthy Recipe

Name: _____

Category:	Prep Time:

Ingredients:

Notes:

Notes

Healthy Habits

Healthy Recipe

Name: _____

Category:	Prep Time:

Ingredients:

Notes:

Notes

Healthy Habits

Healthy Recipe

Name: _____

Category:	Prep Time:

Ingredients:

Notes:

Notes

Healthy Habits

Healthy Recipe

Name: _____

Category:	Prep Time:

Ingredients:

Notes:

Notes

Healthy Habits

Healthy Recipe

Name: _____

Category:	Prep Time:

Ingredients:

Notes:

Notes

Healthy Habits

Intermittent Fasting

WEEK

MONDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

TUESDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

WEDNESDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

THURSDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

FRIDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

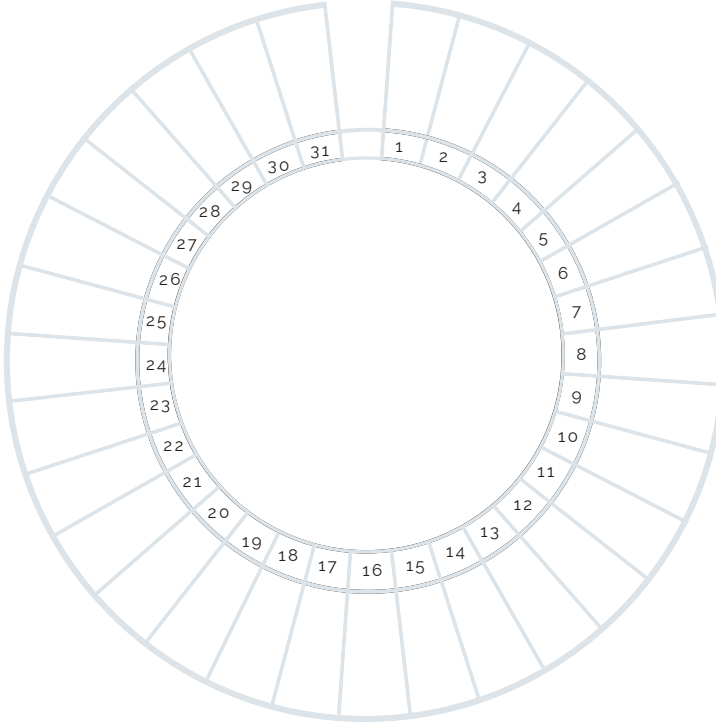
SATURDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

SUNDAY																								
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

Healthy Habits

Mood Tracker

MONTH



NEUTRAL	TIRED	STRESSED	
GRUMPY	SICK	SAD	
RELAXED	HAPPY	ANGRY	

Healthy Habits

Relaxation Tracker

Techniques to relax my mind	Techniques to relax my body
Techniques to relax my breathing	Techniques to relax my nerves

THE CURVEE TRAINER
FITNESS FOR CURVEE WOMEN

Healthy Habits

Habit Tracker

WEEK OF ____________________

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN

Healthy Habits

Habit Tracker

WEEK OF ____________________

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

THE CURVEE TRAINER
FITNESS FOR CURVEE WOMEN

Healthy Habits

Habit Tracker

WEEK OF ______________________

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

Healthy Habits

Sleep Log

DAYS	M	T	W	T	F	S	S	7-8 HOURS	8-9 HOURS	9-10 HOURS	NAPPED

Healthy Habits

Water Log

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Healthy Habits

Self Care Planner

WRITE DOWN YOUR SELF-CARE ACTIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Healthy Habits

Self Love List

FAVORITE AFFIRMATIONS

COMPLIMENTS TO MYSELF

I'M PROUD OF

Healthy Habits

Daily Routine

DATE _____

Morning

FROM _____

TO _____

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Afternoon

FROM _____

TO _____

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Evening

FROM _____

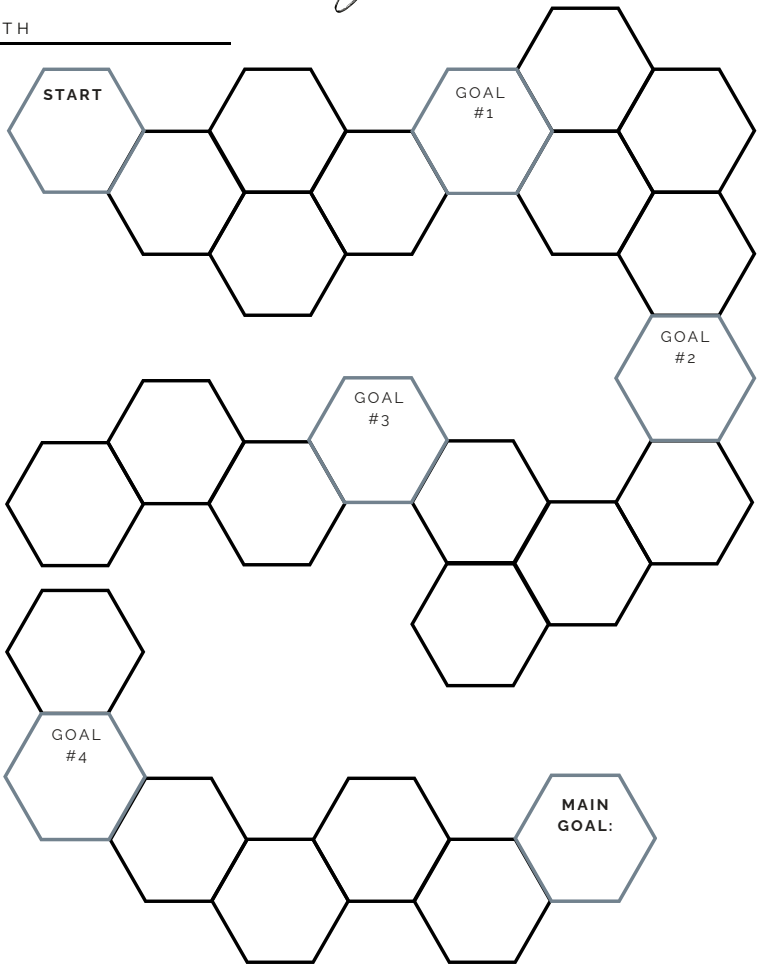
TO _____

M	T	W	T	F	S	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Healthy Habits

Weight Loss Tracker

MONTH



GOALS		REWARDS	
	#1		
	#2		
	#3		
	#4		
	MAIN:		

Healthy Habits

Walking Log

MONTH

TOTAL STEPS

WEEK 1 TOTAL STEPS:

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK 2 TOTAL STEPS:

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK 3 TOTAL STEPS:

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK 4 TOTAL STEPS:

MON	TUE	WED	THU	FRI	SAT	SUN

WEEK 5 TOTAL STEPS:

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES:

Healthy Habits

Daily Meditation

Set a timer for 10 minutes.

Sit comfortably.

Close your eyes.

Bring your awareness to your breath.

Slowly inhale through your nose. Focus your mind on the sound of your breath. Exhale through your nose.

Every time your mind wanders, bring your concentration back to your breath.

When the timer rings, open your eyes slowly.

Note. It is a good idea to keep a daily journal and write down how meditation makes you feel.

Healthy Habits

Positive Affirmations

Healthy Habits

Gratitude Tracker

TODAY I'M GRATEFUL FOR	PEOPLE I'M GRATEFUL FOR	ONE LESSON I LEARNED

Healthy Habits

Gratitude Tracker

TODAY I'M GRATEFUL FOR	PEOPLE I'M GRATEFUL FOR	ONE LESSON I LEARNED

Healthy Habits

Gratitude Tracker

TODAY I'M GRATEFUL FOR	PEOPLE I'M GRATEFUL FOR	ONE LESSON I LEARNED

Healthy Habits

Kindness Tracker

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Healthy Habits

Thoughts Tracker

SITUATION	THOUGHT	NEW THOUGHT

Healthy Habits

Goals Planner

YEAR	QUARTER:	MONTH:

MOTIVATIONAL QUOTE

GOAL	DUE DATE

Healthy Habits

Weekly Planner

WEEK _____

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY

SUNDAY	NOTES

Healthy Habits

Weekly Planner

WEEK _____

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY

SUNDAY	NOTES

Healthy Habits

Weekly Planner

WEEK _____

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY

SUNDAY	NOTES

Healthy Habits

Monthly Planner

MONTH _____ YEAR _____

MON	TUE	WED	THU	FRI	SAT	SUN

TO DO LIST

NOTES

Healthy Habits

Yearly Planner

YEAR _____

JANUARY	FEBRUARY	MARCH

APRIL	MAY	JUNE

JULY	AUGUST	SEPTEMBER

OCTOBER	NOVEMBER	DECEMBER

Healthy Habits

Long Term Goals

WHERE I SEE MY HEALTH IN A YEAR

WHERE I SEE MY HEALTH IN 5 YEARS

WHERE I SEE MY HEALTH IN 10 YEARS

Healthy Habits

Healthy Habits

Healthy Habits

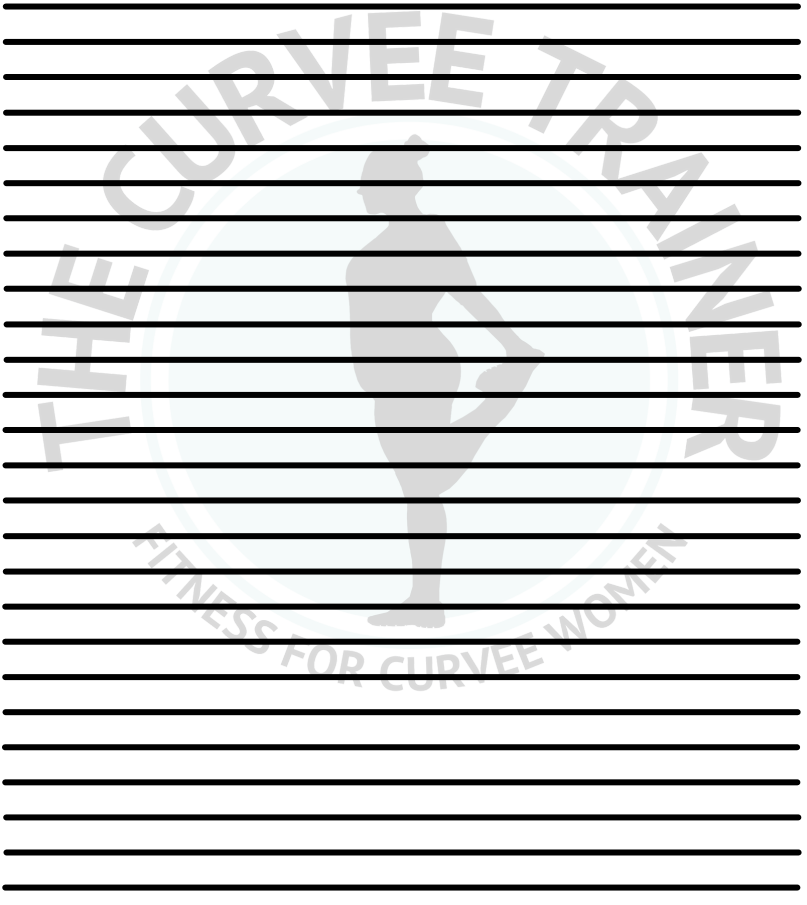
Healthy Habits

Healthy Habits

Healthy Habits

Healthy Habits

Notes



Healthy Habits

Notes