



Daily Activity tracking for Hormone Health Week of: _____

Use this tracker to check off daily routines to help in your hormone health journey. Completed the activity? Add a check for the day!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Slept through the night							
Drank water first thing in the morning							
Took a walk after lunch or dinner							
Had protein with each meal							
Had breakfast?							
Delayed caffeine until after breakfast							
Got morning sunlight							
Followed evening wind-down ritual							
Delayed screens at least 30 min after waking							
Stopped screens at least 30 min before bed							