Jan/Feb '25 Habit Tracker

OUTSIDE UP FITNESS

PLAN AHEAD! SCHEDULE THE ACTION THAT WILL LEAD TO A HEALTHY HABIT

My In Class Focus:	*Habit I'll Practice:*
Result I hope to See:	*Result I hope to See:*
How I'll Get There:	*How I'll Get There:*

SUN:	MON: Mats/Pilates	TUES: Outside Up	WEDS:	THURS: Outside Up	FRI:	SAT:
5	**6**	**7**	**8**	**9**	**10**	**11**
Activity/Minutes: Personal Goal Check ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺
12	**13**	**14**	**15**	**16**	**17**	**18**
Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺
19	**20**	**21**	**22**	**23**	**24**	**25**
Activity/Minutes: ☐ ☺	Activity/Minutes: NO CLASS TODAY ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: MATS CLASSES TODAY SINCE MONDDAY WAS A HOLIDAY ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺
26	**27**	**28**	**29**	**30**	**31**	**1**
Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺

FEBRUARY

OUTSIDE UP FITNESS

SUN:	MON: MatsMonday	TUES: Outside Up	WEDS:	THURS: Outside Up	FRI:	SAT:
2	**3**	**4**	**5**	**6**	**7**	**8**
Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺
9	**10**	**11**	**12**	**13**	**14**	**15**
Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺
16	**17**	**18**	**19**	**20**	**21**	**22**
Activity/Minutes: ☐ ☺	NO CLASS ☐ ☺	NO CLASS ☐ ☺	Activity/Minutes: ☐ ☺	NO CLASS ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺
23	**24**	**25**	**26**	**27**	**28**	**1**
Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺	Activity/Minutes: ☐ ☺

Result/Reflections