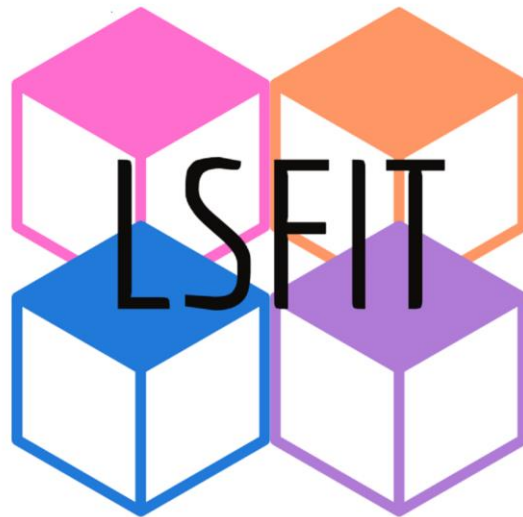


Purpose+Power+Energy+Freedom=Healthy Lifestyle

PPEF HABIT TRACKING SHEET



LSFIT, LLC

Self Task	Habit Tracking
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Daily	1.								1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	2.								1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	3.								1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	4.								1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.	

Weekly Totals G's-Y's-R's =	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R
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Self Task Notes

Self Task	Habit Tracking
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Monthly	Myself			
	14 or more G's 5 or less = R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Family			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Write			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Reflect			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less = Y	6 or more R's = R	
	G's Y's R's =			
	Monthly Totals G's- Y's- R's =	60 or more G's 17 or less R's = G	36 or more Y's 17 or less R's = Y	18 or more R's = R

Self Task Notes

Self Task	Habit Tracking
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Yearly	Myself			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Family			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Write			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Reflect			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less = Y	66 or more R's = R	
	G's Y's R's =			
	Yearly Totals			
	G's- Y's- R's =	850 or more G's 206 or less R's = G	400 or more Y's 206 or less R's = Y	206 or more R's = R

Self Task Notes

Activity Task	Habit Tracking
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Daily	1.		1. = G 2. = Y 3. = R					
	Days	1.	2.	3.	4.	5.	6.	7.
	2.							1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.
	3.							1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.
	4.							1. = G 2. = Y 3. = R
	Days	1.	2.	3.	4.	5.	6.	7.

Weekly Totals G's-Y's-R's =	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R
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Activity Task Notes

Activity Task	Habit Tracking
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Monthly	Myself			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Family			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Write			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Reflect			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less = Y	6 or more R's = R	
	G's Y's R's =			

Monthly Totals G's- Y's- R's =	60 or more G's 17 or less R's = G	36 or more Y's 17 or less R's = Y	18 or more R's = R
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Activity Task Notes

Activity Task	Habit Tracking
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Yearly	Myself			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Family			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Write			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Reflect			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less = Y	66 or more R's = R	
	G's Y's R's =			
	Yearly Totals			
	G's- Y's- R's =	850 or more G's 206 or less R's = G	400 or more Y's 206 or less R's = Y	206 or more R's = R

Activity Task Notes

Nutrition Task	Habit Tracking
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Daily	1.								4. = G 5. = Y 6. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	2.								4. = G 5. = Y 6. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	3.								4. = G 5. = Y 6. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	4.								4. = G 5. = Y 6. = R
	Days	1.	2.	3.	4.	5.	6.	7.	

Weekly Totals G's-Y's-R's =	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R
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Nutrition Task Notes

Nutrition Task	Habit Tracking
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Monthly	Myself			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Family			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Write			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's Y's R's =			
	Reflect			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less = Y	6 or more R's = R	
	G's Y's R's =			
	Monthly Totals			
	G's- Y's- R's =	60 or more G's 17 or less R's = G	36 or more Y's 17 or less R's = Y	18 or more R's = R

Nutrition Task Notes

Nutrition Task	Habit Tracking
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Yearly	Myself			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Family			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Write			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Reflect			
200 or more G's 66 or less R's = G	100 or more Y's 66 or less = Y	66 or more R's = R		
G's Y's R's =				
Yearly Totals G's- Y's- R's =		850 or more G's 206 or less R's = G	400 or more Y's 206 or less R's = Y	206 or more R's = R

Nutrition Task Notes

Finance Task	Habit Tracking
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Daily	1.								7. = G 8. = Y 9. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	2.								7. = G 8. = Y 9. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	3.								7. = G 8. = Y 9. = R
	Days	1.	2.	3.	4.	5.	6.	7.	
	4.								7. = G 8. = Y 9. = R
	Days	1.	2.	3.	4.	5.	6.	7.	

Weekly Totals G's-Y's-R's =	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R
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Finance Task Notes

Finance Task	Habit Tracking
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Monthly	Myself			
	14 or more G's 5 or less = R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's	Y's	R's	=
	Family			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's	Y's	R's	=
	Write			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less R's = Y	6 or more R's = R	
	G's	Y's	R's	=
	Reflect			
	14 or more G's 5 or less R's = G	10 or more Y's 5 or less = Y	6 or more R's = R	
	G's	Y's	R's	=

<u>Monthly Totals</u> G's- Y's- R's =	60 or more G's 17 or less R's = G	36 or more Y's 17 or less R's = Y	18 or more R's = R
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Finance Task Notes

Finance Task	Habit Tracking
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Yearly	Myself			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Family			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Write			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less R's = Y	66 or more R's = R	
	G's Y's R's =			
	Reflect			
	200 or more G's 66 or less R's = G	100 or more Y's 66 or less = Y	66 or more R's = R	
	G's Y's R's =			
	Yearly Totals			
	G's- Y's- R's =	850 or more G's 206 or less R's = G	400 or more Y's 206 or less R's = Y	206 or more R's = R

Finance Task Notes
