

# HEALTHY HABIT PROGRESS CHART



Name: \_\_\_\_\_

“Habits are important. Up to 90 percent of our everyday behavior is based on habit. Nearly all of what we do each day, every day, is simply habit.” *-Jack. D Hodge*

	Week 1							Week 2							Week 3							Week 4						
Healthy Habits	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Daily water intake																												
Stick to a meal routine/plan																												
Eat raw plant based foods																												
Express your gratitude																												
Breathing exercise																												
Daily movement																												
Rest																												

Add anything else you want to focus in in the space below:

	Week 5						Week 6						Week 7						Week 8									
Healthy Habits	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Daily water intake																												
Stick to a meal routine																												
Eat raw plant based foods																												
Express your gratitude																												
Breathing exercise																												
Daily movement																												
Rest																												
	Week 9						Week 10						Week 11						Week 12									
Healthy Habits	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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