

HABIT TRACKER

www.leagendersfitness.com

	1. daily movement							2. eat vegetables with every meal							3. eat lean protein with every meal							4. pack your lunch for work or school							5. weekly meal prep						
	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	M	T	W	T	F	S	S
week 1																																			
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