## HABIT TRACKER 1. daily movement 1. daily movement 2. eat vegetables with every meal www.leagendersfitness.com 1. daily movement 2. eat vegetables with every meal 3. eating lean protein with every mea 1. daily movement 2. eat vegetables with every meal 3. eat lean protein with every meal 4. pack your lunch for work or school 4. pack your lunch for work or school 1. daily movement 3. eat lean protein with every meal 5. weekly meal prep 2. eat vegetables with every meal T W WTF w T M T W T T W Т F S М S м т week 1 week 2 week 3 week 4 veek 5 eek 6 veek 7 reek 8 veek 9 1. daily movement 1. daily movement 2. eat vegetables with every meal 1. daily movement 2. eat vegetables with every meal 3. eat lean protein with every meal 1. daily movement 2. eat vegetables with every meal 3. eat lean protein with every meal 4. pack your lunch for work or school 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 2. eat vegetables with every meal 3. eating lean protein with every mea 4. pack your lunch for work or school 5. weekly meal prep 6. cook/eat meals at home 3. eat lean protein with every meal 4. pack your lunch for work or school 5. weekly meal prep 6. cook/eat meals at home 4. pack your lunch for work or school 5. weekly meal prep 6. cook/eat meals at home 7. eating slowly 8. replace highly processed snacks wi 5. weekly meal prep 6. cook/eat meals at home 8. replace highly processed snacks wit 9. eat until satisfied (then stop) 9. eat until satisfied (then stop) 10. sleep well week 11 week 12 week 13 week 14 week 15 veek 16 veek 17 veek 18 veek 19 veek 20 eek 21 eek 23 eek 24 eek 25 veek 26 week 27 week 28 week 29

week 30