

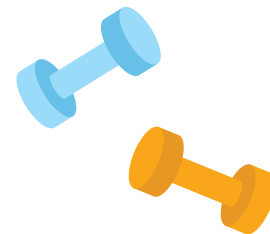
Blueprint to better habits: 30-day tracker

GET STARTED

- **Set your goal** — Write a realistic, healthy goal for the next 30 days.
For example: "I want to be able to do (activity) by (date)."
- **Daily habits for success** — Pick 1 to 3 daily habits to track that support your goal.
Here are a few ideas:

- ✓ Drink 8+ cups of water
- ✓ Get 30 minutes of movement
- ✓ Eat 5 servings of fruit/veg
- ✓ Limit added sugar

- ✓ No late-night snacking
- ✓ Track meals or portions
- ✓ Sleep 7–8 hours
- ✓ Mindful eating (no distractions)



MY GOAL

30-day habit tracker: Tick off each day you complete your new habit(s).

HABIT:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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HABIT:

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HABIT:

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WHY THIS MATTERS

I'm changing my habits because:

When I feel like giving up, I'll remember:



REMEMBER: Consistency beats perfection! Just keep going.