

Checklist

DAILY HEALTHY HABITS

- ☐ drink 10 oz. water upon waking
- ☐ spend 10 minutes reading, journaling, praying, mediating, etc.
- ☐ write 3 items you are grateful for today
- ☐ get moving in the morning- start with 10 minutes!
- ☐ drink 1/2 your body weight in ounces (water, people, water)
- ☐ schedule your workout and get it done!
- ☐ stretch or complete mobility work/foam rolling for 10 minutes
- ☐ go to sleep early enough to get 7-9 hours of rest

X
X
X
X
X
X

X
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X

X X X X X X

Activekristen

4 week tracker

*Here's the goal: create a foundation of habits that will support the work you do in the gym.
Health is so much more than just lifting some weights.*

Below are the steps I want you to follow when marking out each day:

1. Pick 2 NEW goals to work on for the month from the checklist
2. Each month, I want you to add 2 MORE NEW goals to start building your foundation
3. Use the tracker above to put an "X" next to the days you hit your goals for the day!
4. That's it! I would love to support you on your way- tag me in a picture of your tracker on IG so I can cheer you on!