

Fitness & Wellness Challenge Tracker

Simple Daily Habits to Support Healthy Weight Loss

How to Use This Tracker

Choose one challenge at a time and check off each habit as you complete it. Focus on consistency, not perfection. Repeat challenges as needed.

Daily Habit Tracker (30 Days)

Day	Movement	Balanced Meals	Hydration	Sleep	Stress Care	Notes
1	<input type="checkbox"/>					
2	<input type="checkbox"/>					
3	<input type="checkbox"/>					
4	<input type="checkbox"/>					
5	<input type="checkbox"/>					
6	<input type="checkbox"/>					
7	<input type="checkbox"/>					
8	<input type="checkbox"/>					
9	<input type="checkbox"/>					
10	<input type="checkbox"/>					
11	<input type="checkbox"/>					
12	<input type="checkbox"/>					
13	<input type="checkbox"/>					
14	<input type="checkbox"/>					
15	<input type="checkbox"/>					
16	<input type="checkbox"/>					
17	<input type="checkbox"/>					
18	<input type="checkbox"/>					
19	<input type="checkbox"/>					
20	<input type="checkbox"/>					
21	<input type="checkbox"/>					
22						



23	■	■	■	■	■	■
24	■	■	■	■	■	■
25	■	■	■	■	■	■
26	■	■	■	■	■	■
27	■	■	■	■	■	■
28	■	■	■	■	■	■
29	■	■	■	■	■	■
30	■	■	■	■	■	■

Tip: Some days will be easier than others — keep going. Progress is built one habit at a time.

Eat Well. Move Daily. Live Healthy.

EatMoveHealthy.com