



Weekly Habit Tracker

Nutrition & Hydration

		Mood
MON	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>
TUE	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>
WED	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>
THU	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>
FRI	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>
SAT	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>
SUN	Breakfast: _____	<input type="radio"/>
	Lunch: _____	<input type="radio"/>
	Dinner: _____	<input type="radio"/>

Movement

Day	Activity	Notes	Mood
Mo	_____	_____	<input type="radio"/>
Tu	_____	_____	<input type="radio"/>
We	_____	_____	<input type="radio"/>
Th	_____	_____	<input type="radio"/>
Fr	_____	_____	<input type="radio"/>
Sa	_____	_____	<input type="radio"/>
Su	_____	_____	<input type="radio"/>

Mindfulness & Sleep

Day	Activity	Sleep hours	Mood
Mo	_____	_____	<input type="radio"/>
Tu	_____	_____	<input type="radio"/>
We	_____	_____	<input type="radio"/>
Th	_____	_____	<input type="radio"/>
Fr	_____	_____	<input type="radio"/>
Sa	_____	_____	<input type="radio"/>
Su	_____	_____	<input type="radio"/>

Mood Legend: 😞 = Low | 😊 = Okay | ★ = Great

