My *daily* habit tracker

DATE:

WEIGHT:

DAILY GRATITUDE

DAILY AFFIRMATION

DAILY MOVEMENT

MEAL 1

MEAL 2

MEAL 3

DAILY MINIMUMS:

- ☐ 1 CUP BEANS/LEGUMES MINIMUM
- ☐ 4 MINIMUM FRUIT
- ☐ 2 POUNDS VEGGIES

LIMITED:

- ☐ 1 CUP STARCH/GRAIN
- ☐ 1 OZ NUTS/SEEDS
- ☐ 2 OZ AVOCADO
- ☐ 1 T GROUND FLAX

NOTES FOR TODAY:

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