



We Consider 80% to be Celebration - Worthy!

BABY STEPS

HABIT TRACKER

BODY

- Exercise (= >20 min w/pulse >120 bpm)
30 Daily Push-ups
50 Daily Crunches
Stretch | Balance Exercises

Table with 7 columns (M, T, W, T, F, S, S) and 4 rows of habit tracking checkboxes.

SPIRIT

- Meditation
Journaling
Daily Closing Ritual
Daily Gratitude

Table with 7 columns (M, T, W, T, F, S, S) and 4 rows of habit tracking checkboxes.

NOURISHMENT

- Water Consumption = Your Weight/ 2 in oz
Vitamin D Supplement
'Dirty Virgin': V8 + lime + turmeric +++
Probiotics

Table with 7 columns (M, T, W, T, F, S, S) and 4 rows of habit tracking checkboxes.

OTHER SELF-CARE

- Floss
Face Yoga
Intentional Yawning
Belly Breathing (3 minutes)

Table with 7 columns (M, T, W, T, F, S, S) and 4 rows of habit tracking checkboxes.



YOU Consider: \_\_\_% to = Success

BABY STEPS

# HABIT TRACKER

## BODY


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## SPIRIT


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## NOURISHMENT


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## OTHER SELF-CARE


M	T	W	T	F	S	S
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