

Personalized 28-Day Health Pension Habit Tracker

Welcome to the 28-day tracker, where you can access all the pieces of your individualized Health Pension plan! As you dive into this document, it may seem like a lot to take on. However, consistency and structure are key. Your goal is not to be perfect every day; rather, you should focus on doing whatever is attainable for you in that period. Working with what you can do will help keep track of what is achievable on each given day.

28 DAY CONSISTENCY TRACKER: WEEK 1										
PERSONALIZED PLAN GOALS		M	T	W	T	F	S	S	TOTAL	CONSISTENCY
WEEK 1: STEPS	Write your habit below (for ideas see our cheat sheet here):									
WEEK 1: EXERCISE	Write your habit below (for ideas see our cheat sheet here):									
WEEK 1: PROTEIN	Write your habit below (for ideas see our cheat sheet here):									
WEEK 1: SLEEP	Write your habit below (for ideas see our cheat sheet here and here):									

CHECK IN: Time to evaluate your success! Ask yourself the following questions...

What has gone well this week?

Finish the sentence "It could have been even better if..."

If you hit 80% consistency with your habits then that is a huge achievement well done. If you didn't then don't worry, learn and try a different, perhaps easier, more realistic change idea using the cheat sheets.

28 DAY CONSISTENCY TRACKER: WEEK 2										
PERSONALIZED PLAN GOALS		M	T	W	T	F	S	S	TOTAL	CONSISTENCY
WEEK 2: STEPS	Write your habit below (for ideas see our cheat sheet here):									
WEEK 2: EXERCISE	Write your habit below (for ideas see our cheat sheet here):									
WEEK 2: PROTEIN	Write your habit below (for ideas see our cheat sheet here):									
WEEK 2: SLEEP	Write your habit below (for ideas see our cheat sheet here and here):									

CHECK IN: Time to evaluate your success! Ask yourself the following questions...

What has gone well this week?

Finish the sentence "It could have been even better if..."

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28 DAY CONSISTENCY TRACKER: WEEK 3										
PERSONALIZED PLAN GOALS		M	T	W	T	F	S	S	TOTAL	CONSISTENCY
WEEK 3: STEPS	Write your habit below (for ideas see our cheat sheet here):									
WEEK 3: EXERCISE	Write your habit below (for ideas see our cheat sheet here):									
WEEK 3: PROTEIN	Write your habit below (for ideas see our cheat sheet here):									
WEEK 3: SLEEP	Write your habit below (for ideas see our cheat sheet here and here):									

CHECK IN: Time to evaluate your success! Ask yourself the following questions...

What has gone well this week?

Finish the sentence "It could have been even better if..."

If you hit 80% consistency with your habits then that is a huge achievement well done. If you didn't then don't worry, learn and try a different, perhaps easier, more realistic change idea using the cheat sheets.

28 DAY CONSISTENCY TRACKER: WEEK 4										
PERSONALIZED PLAN GOALS		M	T	W	T	F	S	S	TOTAL	CONSISTENCY
WEEK 4: STEPS	Write your habit below (for ideas see our cheat sheet here):									
WEEK 4: EXERCISE	Write your habit below (for ideas see our cheat sheet here):									
WEEK 4: PROTEIN	Write your habit below (for ideas see our cheat sheet here):									
WEEK 4: SLEEP	Write your habit below (for ideas see our cheat sheet here and here):									

CHECK IN: Congrats! You've officially completed your 28-day Health Pension Plan. If you're finding these trackers helpful, print out another round and keep on going - you can continue trying new habits until you start seeing the consistency that will ultimately lead to the sustainable results that you want.