



28 Day Healthy Habit Builder

Printer-friendly daily ticksheet
Consistency beats perfection

85% = 167 ticks

Day	Date	Wt	Pro	Move	RT	Sleep	Med	Plant	Daily Total	Running Total	On Target?
1	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	6
2	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	12
3	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	18
4	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	24
5	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	30
6	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	36
7	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	42
8	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	48
9	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	54
10	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	60
11	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	65
12	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	71
13	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	77
14	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	83
15	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	89
16	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	95
17	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	101
18	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	107
19	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	113
20	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	119
21	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	125
22	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	131
23	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	137
24	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	143
25	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	149
26	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	155
27	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	161
28	_____	☐	☐	☐	☐	☐	☐	☐	_____	_____	167

Legend

Wt Weigh yourself
Pro Protein target hit
Move 8,000 steps / 40 min walk
RT Resistance training

Sleep Sleep routine
Med Guided meditation
Plant Plants tracked

How to use

Tick completed habits daily.
 Add Daily + Running Totals.
 Compare with On Target?.

Target Achieved? Yes / No

Print it. Stick it somewhere visible. Tick daily. Let the scorecard do the thinking.