

# Be-My-Best-ME Habits

## Weekly Tracking Chart

Week of: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday
	At least 7 hours sleep	At least 7 hours sleep	At least 7 hours sleep	At least 7 hours sleep
	**Sunday Activity**	30 minutes exercise	30 minutes exercise	30 minutes exercise
	Water (8x8 oz) □□□□□□□□	Water (8x8 oz) □□□□□□□□	Water (8x8 oz) □□□□□□□□	Water (8x8 oz) □□□□□□□□
	Fruits/Vegetables □□□□□	Fruits/Vegetables □□□□□	Fruits/Vegetables □□□□□	Fruits/Vegetables □□□□□
	Meditation	Meditation	Meditation	Meditation
	Limit 1: sweet, soda, glass of wine	Limit 1: sweet, soda, glass of wine	Limit 1: sweet, soda, glass of wine	Limit 1: sweet, soda, glass of wine
	Take your *Vitamins	Take your *Vitamins	Take your *Vitamins	Take your *Vitamins
	Personal Daily Goal (your choice): _____	Personal Daily Goal (your choice): _____	Personal Daily Goal (your choice): _____	Personal Daily Goal (your choice): _____
	The Extra Mile: • 30 minutes leisure exercise <u>OR</u> • NO sweets and NO soda	The Extra Mile: • Extra 30 minutes exercise <u>OR</u> • NO sweets and NO soda	The Extra Mile: • Extra 30 minutes exercise <u>OR</u> • NO sweets and NO soda	The Extra Mile: • Extra 30 minutes exercise <u>OR</u> • NO sweets and NO soda
	<b>Daily TOTAL</b>	<b>Daily TOTAL</b>	<b>Daily TOTAL</b>	<b>Daily TOTAL</b>

### Summary:

- 9 points possible each day
- No "rolling over" your habits to count for the next/previous day
- Be your own judge... but don't cheat yourself!
- Have fun and be happy!
- Week total points possible: 64 points
- \*Vitamins: This does not have to be an actual vitamin/ supplement. Just something to give your body whatever boosts may be needed.

	Thursday	Friday	Saturday
	At least 7 hours sleep	At least 7 hours sleep	At least 7 hours sleep
	30 minutes exercise	30 minutes exercise	30 minutes exercise
	Water (8x8 oz) □□□□□□□□	Water (8x8 oz) □□□□□□□□	Water (8x8 oz) □□□□□□□□
	Fruits/Vegetables □□□□□	Fruits/Vegetables □□□□□	Fruits/Vegetables □□□□□
	Meditation	Meditation	Meditation
	Limit 1: sweet, soda, glass of wine	Limit 1: sweet, soda, glass of wine	Limit 1: sweet, soda, glass of wine
	Take your *Vitamins	Take your *Vitamins	Take your *Vitamins
	Personal Daily Goal (your choice): _____	Personal Daily Goal (your choice): _____	Personal Daily Goal (your choice): _____
	The Extra Mile: • Extra 30 minutes exercise <u>OR</u> • NO sweets and NO soda	The Extra Mile: • Extra 30 minutes exercise <u>OR</u> • NO sweets and NO soda	The Extra Mile: • Extra 30 minutes exercise <u>OR</u> • NO sweets and NO soda
	<b>Daily TOTAL</b>	<b>Daily TOTAL</b>	<b>Daily TOTAL</b>

WEEKLY TOTALS			
	At least 7 hours sleep		Meditation
	30 minutes exercise		Limit 1: sweet, soda, glass of wine
	Water (8x8 oz)		Daily Vitamin (your choice)
	Fruits & Vegetables		Personal Daily Goal
	<b>*Extra point for being awesome and because I like even numbers.</b>		
	<b>**GRAND TOTAL** (64 possible points)</b>		

BONUS:  
\* Extra 30 minutes exercise  
OR  
\* NO sweets and NO soda