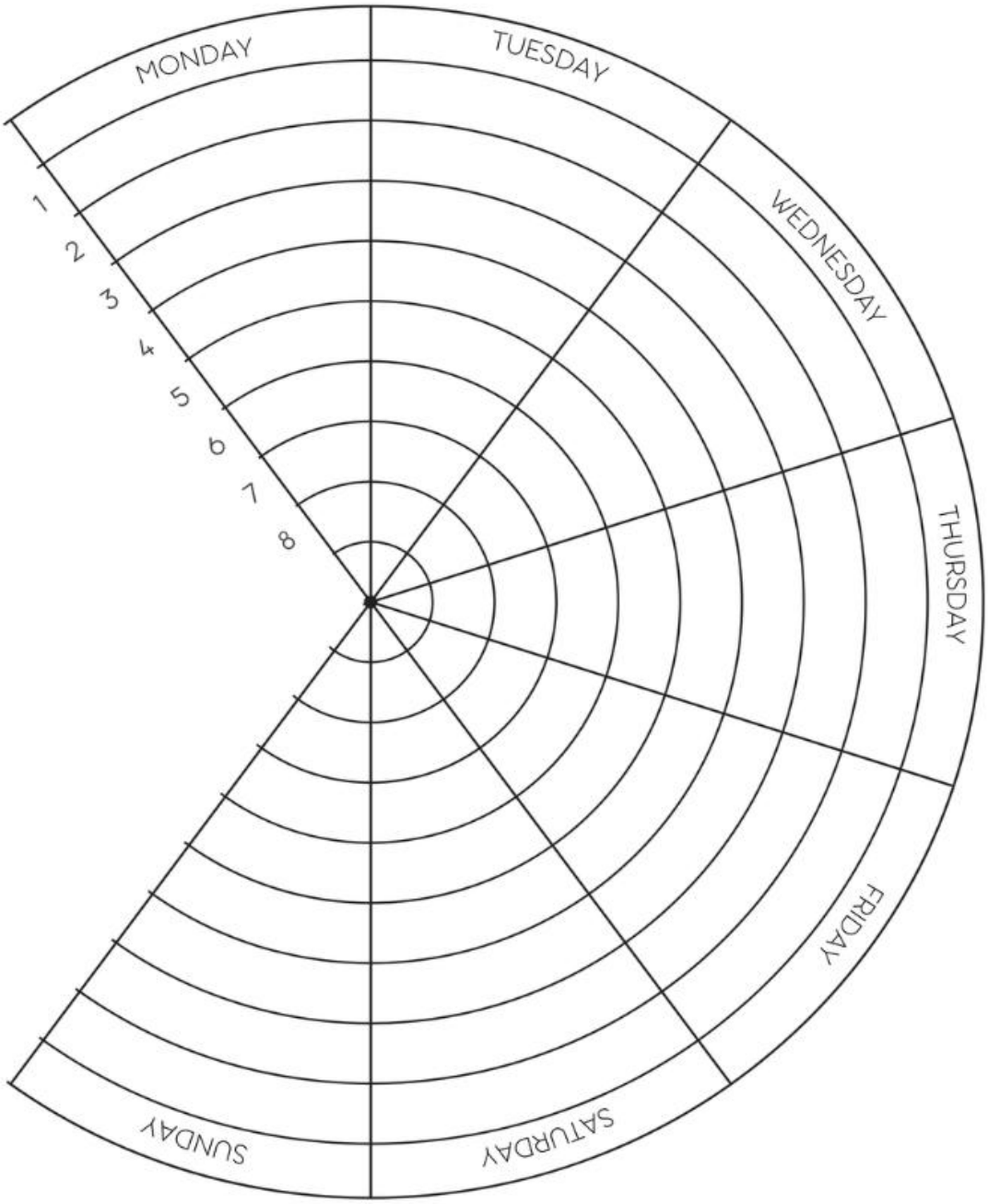
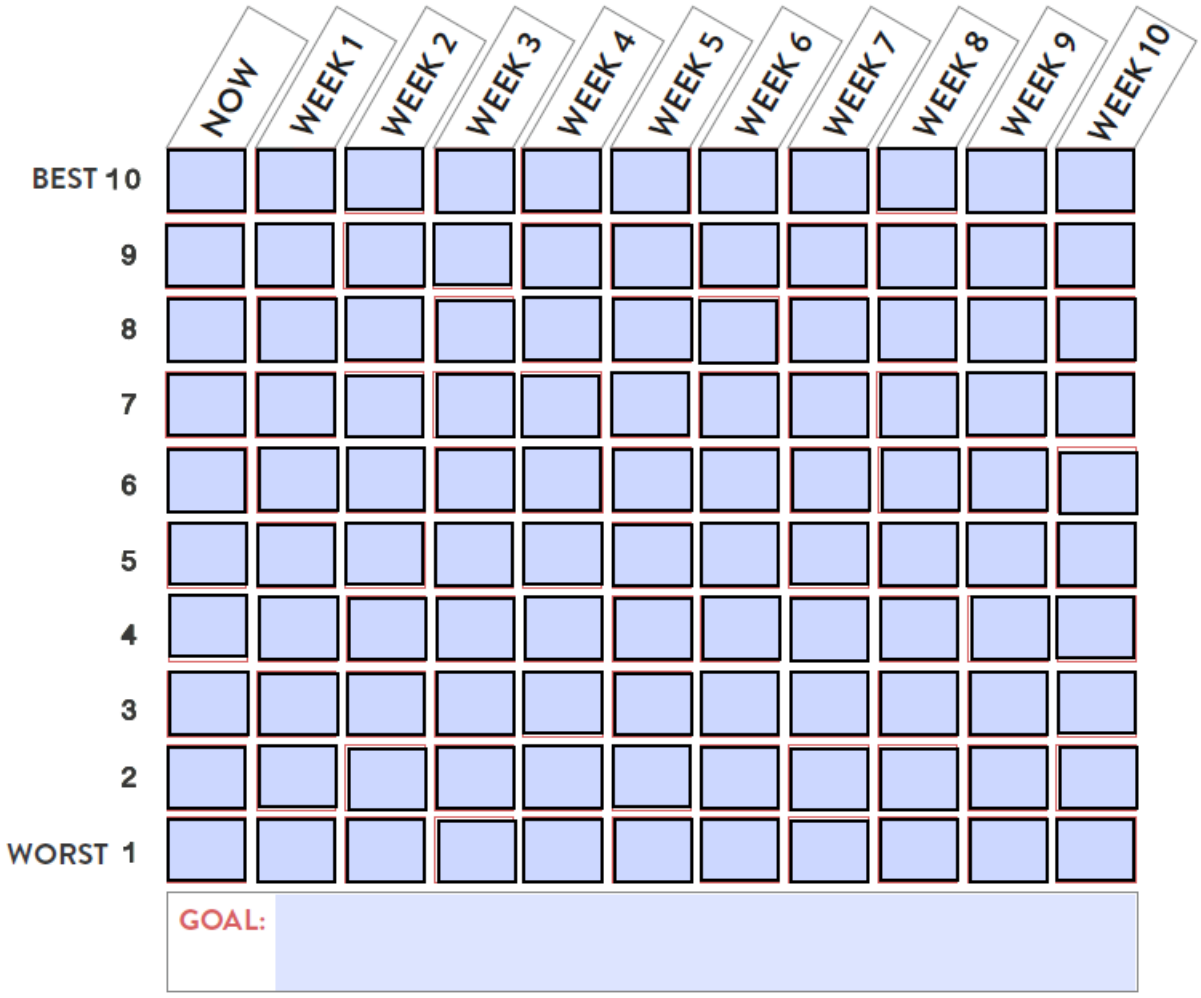
PROGRESS TRACKERS

These are handy references you can display visibly to help you stay on track…

Make a mark or colour in each day you complete your new habit. Pick any start date, it doesn't have to be a Monday!



Depending on your goal, you may want to keep a record of how you are feeling on a more subjective scale. You can use the table below to plot whether you are feeling closer to your best (10) or your worst (1) with respect to a specific area that you want to see improvements in, for example your energy levels or how you are coping with stress, so that you see whether the actions you are taking are making a difference or not.



"First, forget inspiration. Habit is more dependable. Habit will sustain you whether you're inspired or not."

Octavia Butler

If you are wanting to lose weight, it helps to keep track of several metrics as the scale does not always tell the whole story:

	WEIGHT	BODY FAT %	WAIST MEASUREMENT	HEALTH SCORE	BLOOD SUGAR SCORE
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					
WEEK 6					
WEEK 7					
WEEK 8					
WEEK 9					
WEEK 10					

ORIGINAL STARTING WEIGHT	TOTAL WEIGHT LOSS	TOTAL % BODY FAT LOSS	TOTAL CM / INCHES LOSS	HEALTH SCORE	BLOOD SUGAR SCORE

YOUR HABITS AUDIT

Once your new habit is a natural part of your day, you may want to layer in another new habit using the same process. Use this exercise to help you identify what will help you to keep moving forward.

The purpose here is to raise your awareness of your habits – awareness makes growth and change possible. Even though you may seldom think about their impact, the reality is that your habits are either:

- ✓ Moving you forward
- ✓ Maintaining the status quo
- ✓ Moving you backward, away from what you actually want

Create an inventory of your habits in the table below as a platform for deciding if there is anything you want to do differently, and then use this guide to document and track your new goal and action plan…

MOVES ME FORWARD	MAINTAINS STATUS QUO	MOVES ME BACKWARD

AND PLEASE REMEMBER, I AM ALWAYS HERE TO SUPPORT YOU!