

Progressive 8wk Healthy Habit Chart

Weeks 1-2	Week 3-4	Week 5-6	Week 7-8
Water: Women: minimum 80 oz's daily Men: minimum 100 oz's daily <u>Note:</u> <u>if your increased water intake results in</u> <u>interrupted sleep, reduce intake.</u>	Water: Women: minimum 80 oz's daily Men: minimum 100 oz's daily <u>Note:</u> <u>if your increased water intake results in</u> <u>interrupted sleep, reduce intake.</u>	Water: Women: minimum 80 oz's daily Men: minimum 100 oz's daily <u>Note:</u> <u>if your increased water intake results in</u> <u>interrupted sleep, reduce intake.</u>	Water: Women: minimum 80 oz's daily Men: minimum 100 oz's daily <u>Note:</u> <u>if your increased water intake results in</u> <u>interrupted sleep, reduce intake.</u>
Move/Exercise: 3-5 days a week for a minimum of 15 min.	Move/Exercise: 3-5 days a week for a minimum of 15 min.	Move/Exercise: 4-5 days a week for a minimum of 30 min. Add resistance training	Move/Exercise: 4-5 days a week for a minimum of 30 min. Add resistance training
Sleep: 7-8 hours a night	Sleep: 7-8 hours a night	Sleep: 7-8 hours a night	Sleep: 7-8 hours a night
Pre Habit Condition: <u>Sedentary, dehydrated, low in</u> <u>strength and endurance, and lacks</u> <u>recovery time.</u>	Protein: Palm Size (Women) 2 Palm Size (Men) With lunch	Protein: Palm Size (Women) 2 Palm Size (Men) With lunch and dinner	Protein: Palm Size (Women) 2 Palm Size (Men) With breakfast, lunch, and dinner
	Processed Food: Remove process food 5 out of 7 days of the week. (Chips, Cookies, Pastries, Candy, Creamers, High sugar drinks etc.)	Processed Food: Remove process food 5 out of 7 days of the week. (Chips, Cookies, Pastries, Candy, Creamers, High sugar drinks etc.)	Processed Food: Remove process food 6 out of 7 days of the week. (Chips, Cookies, Pastries, Candy, Creamers, High sugar drinks etc.)
	Pre Habit Condition: <u>Hydrated, stronger with more</u> <u>endurance, recovered, but lacks</u> <u>protein for muscle repair, and eats</u> <u>too much high sugar low nutrient</u> <u>foods.</u>	Deep Breath / Meditation: <u>With eyes closed, slowly inhale through the</u> <u>nose and slowly exhale out the mouth for</u> <u>2-3 min and no distractions.</u>	Deep Breath / Meditation: <u>With eyes closed, slowly inhale through the</u> <u>nose and slowly exhale out the mouth for</u> <u>2-3 min and no distractions.</u>
		Carbohydrate: <u>Smart Carb options. Cupped hand size at</u> <u>lunch</u>	Carbohydrate: <u>Smart Carb options. Cupped hand size</u> <u>at B.K., Lunch, and Dinner. Unless you're</u> <u>monitoring carb intake, then choose 1-2 of</u> <u>the three meals.</u>
		Pre Habit Condition: <u>Hydrated, strong with endurance,</u> <u>has more protein for tissue repair,</u> <u>and is less sensitive to high sugar</u> <u>foods, but has high stress, needs</u> <u>carb control, and healthy fats for</u> <u>hormones, hair, etc.</u>	Fat: <u>Thumb size with each meal</u>
			Fruits & Veggies: <u>Eat fist size of fruit or veggies at lunch and</u> <u>dinner.</u>
Post 8Wk of Healthy Habits: Energized, Strong, and Lower Body Fat with more Muscle.			

Habit Tracker

1st Four Weeks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							

2nd Four Weeks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5							
6							
7							
8							

CHALLENGE RULES

Record each day with a mark. If you were successful with meeting your habit requirement for that day then write down an O, if you were not put an X. Shoot for a success percentage of 80% per week. Meaning if you meet your water intake 5 out of the 7 days for that week, you were successful 80% of the time. Of course the more successful days you have the better you'll feel, and the better off you'll be at developing a healthy habit. The goal is to accomplish the listed habits each day for each week, if you accomplish one habit, but not the others listed for that day then mark an X. It won't be easy hence the word CHALLENGE, however every positive habit you develop is a step closer to a healthier you and in 30 days you will notice a difference in how you look, move, and feel. Good Luck!