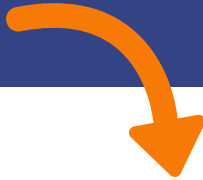


7 DAY HABIT TRACKER

nielsenfitness
we bring the workout to you

HABIT



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»»»»»»»» You are the sum of your daily habits! ««««««««

TIPS FOR SETTING - AND STICKING WITH - HEALTHY HABITS

We developed this chart because the little things we do each day MATTER, and tracking progress can be hugely motivational. This is a simple, visual way to keep yourself on track and moving in the right direction as you adopt new healthy habits and do away with those that aren't serving you. Here's how to use it to help achieve your goals:

1. **Print the sheet.**

2. **Write down up to six health-related goals.** We suggest EVERYONE include "drink plenty of water", "get enough sleep", and, of course, "exercise" - the particulars will look different for each person but these are fairly non-negotiable when it comes to health and fitness. The others are up to you and will depend on what you want to achieve. You can absolutely include things like "Zero wine today" if you're working on breaking unhealthy habits in addition to adopting healthy ones.

3. **Post it in a prominent place** and check those boxes as you go!

4. **At the end of each week, reflect.** Revel in the checkmarks, give yourself a pat on the back, see where you fell short, and identify areas for improvement next week.

5. **Repeat the whole process over again**, (perhaps) tweaking your habits, or adding new ones as you go.

6. **Let us know if you have any questions**, or - if you're in Toronto - want our help getting on top of the exercise habit once and for all. Good luck!