Health & Wellbeing
HAMPSHIRE & ISLE OF WIGHT

NHS
Hampshire and Isle of Wight

HABIT TRACKER

	M	T	W	T	F	S	S
WATER	○	○	○	○	○	○	○
WORKOUT	○	○	○	○	○	○	○
ME TIME/DE-STRESS	○	○	○	○	○	○	○
SLEEP/REST	○	○	○	○	○	○	○
FRUIT/VEG/PROTEIN	○	○	○	○	○	○	○
MOVEMENT/STEPS	○	○	○	○	○	○	○

TO DO LIST

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PLAN AND PREP THE WEEK

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S

6 WEEK GOALS