



MONTHLY GOOD HABITS TRACKER

The Mum Gym

BUILDING STRONG HABITS

	M	T	W	T	F	S	S
Steps							
Fruit & Veg							
Drink water							
Workouts	○	○	○	○	○	○	○
Bed early	○	○	○	○	○	○	○
TOTAL:							

POINTS

Steps

5-7k 1 point
 7 - 10k 2 points
 10k+ 3 points

Fruit & Veg

2 -3 portions 1 point
 4 - 6 portions 2 points
 7+ portions 3 points

Drink water

1/2 - 1litre 1 point
 1 - 2 litres 2 points
 2+ litres 3 points

1 point per workout
 1 point for going to bed early

WEEKLY TOTAL