

COACHING

Tatiana Novaes Mindset & Nutrition | Fitness & Pilates

30 DAY HABIT TRACKER

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INTRODUCTION

Small daily actions create big results over time. This tracker is your tool for building consistent, healthy habits over the next 30 days as we begin the New Year. Print several copies of this to use through the entire first quarter of the year, and see how much progress

You can make!

Each day, check off your habits, reflect on your progress, and celebrate your wins. Let's take the first step toward a healthier, happier you!

Mindset&Nutrition

Coaching





HOW TO USE THIS TRACKER

1. Commit to 30 days of small, daily actions across five wellness categories: Nutrition, Fitness, Mental Well-Being, Self-Care, and Accountability.

- 2. Check off each habit as you complete it daily.
- 3. Reflect on your progress each week and adjust your focus if needed.
- 4. Celebrate your wins and remember that progress, not perfection, is the goal!

WEEKLY REVIEW PROMPTS

Reflection Prompts:

What went well this week?

Which habits need more attention?

How do you feel compared to Day 1?

What's your focus for the next week?



30 DAY HEALTH & WELLNESS HABIT TRACKER

DAYS 1 7: DAILY TRACKER



What challenges did you face?

What is one thing you're grateful for?



30 DAY HEALTH & WELLNESS HABIT TRACKER

DAYS 8 14: DAILY TRACKER



What challenges did you face?

What is one thing you're grateful for?



1

2

3

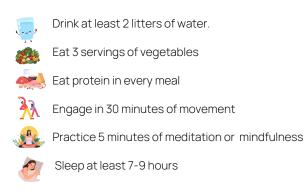
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30 DAY HEALTH & WELLNESS HABIT TRACKER

DAYS 15 21: DAILY TRACKER

DAILY HABITS TO TRACK:



Daily Reflection:

What went well today?

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2				

What challenges did you face?

What is one thing you're grateful for?

7

6



30 DAY HEALTH & WELLNESS HABIT TRACKER

DAYS 22 30: DAILY TRACKER

1 2 3 4 5 6 7 **DAILY HABITS TO TRACK:** Core J Drink at least 2 litters of water. Eat 3 servings of vegetables Eat protein in every meal Engage in 30 minutes of movement Practice 5 minutes of meditation or mindfulness 3 Sleep at least 7-9 hours Me. **Daily Reflection:** 0 What went well today?

What went well today?

What challenges did you face?

What is one thing you're grateful for?

ENDOFMONTHREFLECTION

Congratulations on completing 30 days of building healthy habits! Take some time to reflect on your journey:

What was your biggest win over the last 30 days?

How do you feel compared to Day 1?

What habits will you continue, and why?

What's your next goal?

