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Tatiana Novaes

Mindset & Nutrition | Fitness & Pilates  
COACHING

**30 DAY**

**HEALTH & WELLNESS**

**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!



## 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

### DAILY HABITS TO TRACK:

-  Drink at least 2 liters 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
-  Sleep at least 7-9 hours

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### Daily Reflection:

What went well today?

What challenges did you face?







What is one thing you're grateful for?









# 30 DAY HEALTH & WELLNESS HABIT TRACKER

## DAYS 8-14: DAILY TRACKER

### DAILY HABITS TO TRACK:

-  Drink at least 2 liters 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
-  Sleep at least 7-9 hours



	1	2	3	4	5	6	7
							
							
							
							
							
							

### Daily Reflection:

What went well today?

What challenges did you face?







What is one thing you're grateful for?



# 30 DAY HEALTH & WELLNESS HABIT TRACKER

## DAYS 15-21: DAILY TRACKER

### DAILY HABITS TO TRACK:

-  Drink at least 2 liters 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
-  Sleep at least 7-9 hours

	1	2	3	4	5	6	7
							
							
							
							
							
							

### Daily Reflection:

What went well today?

What challenges did you face?







What is one thing you're grateful for?



# 30 DAY HEALTH & WELLNESS HABIT TRACKER

## DAYS 22-30: DAILY TRACKER

### DAILY HABITS TO TRACK:

-  Drink at least 2 liters 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
-  Sleep at least 7-9 hours

	1	2	3	4	5	6	7
							
							
							
							
							
							

### Daily Reflection:

What went well today?

What challenges did you face?

What is one thing you're grateful for?

# END OF MONTH REFLECTION

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?

