

**TAKE
CONTROL**
of Your
HEALTH



THE 21-DAY **HABIT**
CHALLENGE
Tracker Sheets

*my*Fitness



HOW TO USE YOUR TRACKER

Because you made the smart decision to join us for our 21-Day Habit Challenge ...

You now have a printable habit tracker to help hold you accountable and keep you ON TRACK with your goals - download this on your resource website!

Every day, simply check off each of your success habits as you complete them on your tracker by 8pm every night.

Taking action - and watching your totals add up every day - will help you build a LOT of momentum toward the future.

Your goal: check off **TWO OR MORE HABITS EVERY SINGLE DAY** during this challenge!

YOU'VE GOT THIS!

YOUR FUTURE

IS WAITING

Thank you for trusting in us to be a part of this journey with you! We're excited to see how far you go in the next three weeks.

We hope these 21 days are just the beginning, and that you continue to reinforce your new habits to reach your goals even faster.

If you need anything or have questions, we're here for you. Email us any time at info@my-fitness.ca



What's next?

- Complete the daily tracker sheets for the next 21 days, **focusing on 2 different habits**, and staying as consistent with them as possible
- Set a daily reminder to complete your habit and your tracking sheet
- submit your tracker sheets at the end of the challenge

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