

HABIT TRACKER

Weekly Consistency tracker

You can use this super-easy tool keep track of your habits. Habits lead to consistency, which leads to success. I also have other trackers, which can help with staying on track with weight selection for your work-outs.

Habit/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20 min Workout							
7-10K steps/activity							
Protein 100g							
Hydration (2l+)							
Stretch/Mobility							
Sleep 7h+							

If you'd like personalised guidance to build a fitness system that works with your schedule, or simply want to buy another book from the BusiFit Series, visit my website on www.busifit.ch.