




Daily Consistency Tracker

When you're in The Grind, you're likely to have moments where you feel like you're doing all the things & not seeing the pay-off. This is rarely the case. Use this tracker to give yourself a  or  for each of the important behaviors below. (If one doesn't apply to you, just skip it.) If you're noticing a lot of  in a certain category, that's the first place to refocus your efforts!

Habit/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Within 5% of calorie target							
Within 10% of protein target							
Veggies at each meal							
0-calorie drinks							
Unprocessed carbs at most meals							
Healthy fats at most meals							
Eating slowly & without distractions							
Eating mindfully & stopping before stuffed							
Sleeping 7+ hours							
Exercise							
10k Steps							
Stress Relief							
Other habits we've focused on:							

Weekly Consistency Tracker

When you're in The Grind, you're likely to have moments where you feel like you're doing all the things & not seeing the pay-off. This is rarely the case. Use this tracker to give yourself a 1-10 score each week for how consistently you did each of the important behaviors below. (If one doesn't apply to you, just skip it.) If you're below an 8 or 9 in any category, that's the first place to refocus your efforts!

Habit/Dates	-	-	-	-	-	-
Within 5% of calorie target						
Within 10% of protein target						
Veggies at each meal						
0-calorie drinks						
Unprocessed carbs at some/all meals						
Healthy fats at some/all meals						
Eating slowly & without distractions						
Eating mindfully & stopping before stuffed						
Sleeping 7+ hours						
Strength training 2+ times						
Walking 10k steps						
Engaging in stress relieving practices						
Other habits we've focused on:						