



Make a list of all the habits you'd like to create/improve/change in order to prioritize your health, happiness, and weight loss goals.

## NUTRITION RELATED HABITS

## EXERCISE/MOVEMENT RELATED HABITS





Make a list of all the habits you'd like to create/improve/change in order to prioritize your health, happiness, and weight loss goals.

## LIFESTYLE RELATED HABITS

## MINDSET RELATED HABITS