Weekly Habit Tracker

Check off what you did each day. Progress over perfection.

Week of _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Stayed within my eating window	◯	◯	◯	◯	◯	◯	◯
Stayed within my carb target	◯	◯	◯	◯	◯	◯	◯
Had electrolytes	◯	◯	◯	◯	◯	◯	◯
Ate protein + greens at meals	◯	◯	◯	◯	◯	◯	◯
Moved my body	◯	◯	◯	◯	◯	◯	◯
Took a mindful or stress-relief moment	◯	◯	◯	◯	◯	◯	◯
Quality sleep	◯	◯	◯	◯	◯	◯	◯

Weekly Reflection

What felt easy this week?

What challenged me?

One thing I'll do differently next week:

One win I'm proud of (on or off the scale):

Educational purposes only. Talk with your doctor before making changes to your eating, fasting, or supplements.

Mindset Journal Prompts

Pick one a day, or write through all five on a quiet evening.

1. **What belief about food or weight am I letting go of this week?**

2. **How did I show up for my energy goals today?**

3. **What's one thing I'm doing now that I once thought I couldn't?**

4. **When did I feel most proud of myself this week?**

5. **What does success look and feel like for me, beyond the scale?**

Use this to keep your routine going beyond the 3-Day Reset.

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