

2024



HABIT  
TRACKER

BUNDLE



**BY ENERGISING GOALS**

# Let's make it happen

If you want to stick with a habit for good, one simple and effective thing you can do is keep a habit tracker.

One of the most common questions I get is “How long does it take to build a habit?” You'll see all kinds of answers: 21 days, 30 days, 100 days. I find that people are really trying to get at something else when they ask, “How long does it take to build a habit?” What they often mean is, “How long until it's easy? How long until I don't have to put much effort in anymore?”

Look, all habits get easier with practice. But this line of questioning ignores the real purpose of building better habits in the first place. A habit is a lifestyle to be lived, not a finish line to be crossed. And a habit tracker is one tool in your toolbox on the road to behavior change. It is an effective way to prove to visualize your progress and motivate you to show up again tomorrow.

And this is where a habit tracker can help:

- It creates a visual cue that can remind you to act.
- It is motivating to see the progress you are making.
- It feels satisfying to record your success in the moment.



## CONTENT OVERVIEW

Yearly:

- Full Year Habit Tracker
- Reading Tracker
- 100 Days

Monthly:

- Full Circle Habit Tracker
- Savings Tracker

Weekly:

- Meal Planner
- To-Do List
- Health & Fitness Tracker
- Plan & Preparation

# Weekly Plan & Preparation

MON	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
TUE	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
WED	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
THU	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
FRI	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
SAT	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
SUN	  	today's menu 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Week's Goal

Top priority to-do

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Self-care Groceries

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Monthly Savings Tracker

Item:					
Goal					
Save/month					
Jan					
Feb					
Mar					
Apr					
May					
Jun					
Jul					
Aug					
Sep					
Oct					
Nov					
Dec					

Steps to take:

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# Save for all the things...



Item:					
Goal					
Save/month					
Jan					
Feb					
Mar					
Apr					
May					
Jun					
Jul					
Aug					
Sep					
Oct					
Nov					
Dec					

Steps to take:

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SLEEP  
LOG

E N E R G I S I N G . C O A L S  
*eg*

# Instructions

A sleep log is a great way to track your sleep and gather details about your symptoms.

Try to fill out the sleep log for one to two weeks consistently, to get a better understanding of your sleep patterns. Even if you talk to your regular doctor (rather than a specialist) about sleep troubles, this log will provide a more comprehensive picture of your recent sleep patterns.

To get the most accurate information, fill out the sleep log as early in the morning as you can (so your bedtime routine and nighttime sleep are fresh in your memory). You may want to make this part of your morning routine.

Small constructive actions taken on a daily or routine basis can quickly give you a sense of accomplishment and forward momentum. To trigger the change and improvement, you need to bring daily attention to what you want to improve.



# SLEEP LOG

START DATE: \_\_\_/\_\_\_/\_\_\_  
COMPLETE IN THE MORNING



	MON	TUE	WED	THU	FRI	SAT	SUN
1. I went to bed last night at:							
2. I got out of bed this morning at:							
3. I fell asleep:							
Easily							
After some time							
With difficulty							
4. I woke up during the night:							
# of times							
# of minutes							
5. Last night I slept a total of (hours):							
6. My sleep was disturbed by:							
7. When I woke up for the day, I felt:							

Notes:

FOOD-MOOD  
TRACKER

E N E R G I S I N G . C O A L S  
*eg*

# Instructions

Growing up, most of us have not been taught to pay attention to how food makes us feel. That's why it's no surprise that as adults we sometimes get hooked by general diets or nutritional advice without really noticing whether it's working for us, individually.

That's why we highly recommend using this food-mood tracker for **at least 3 days before** you start a new way of eating, and then for **at least 1 week (4 weeks is ideal, if you can manage)** on the **new diet** to track any changes. It does take a little work to remember to do it, but the benefits can be significant:

- Greater mindfulness about your food choices
- Insight into food habits and patterns you might not have noticed before
- Connecting the dots between the foods you're eating and how you feel both physically and emotionally
- Finding trouble spots in your day when you are more tempted by certain foods or have cravings

The next page is a sample tracker you can use, but any similar version (or even just jotting it down on your phone) will do as well - whatever is easiest for you! The important thing is that you're noticing clues for you to identify any personal food triggers or emotional connections:

BEFORE I ATE \_\_\_\_\_ I FELT \_\_\_\_\_.  
AFTER I ATE \_\_\_\_\_ I FELT \_\_\_\_\_.

Examples:

- *Before I ate that bowl of ice cream I felt sad, tired, and bored.*
- *Before I ate that apple with nut butter I felt mindful and proud of myself for going for a healthy snack.*
- *After I ate the cheese sandwich I felt bloated, gassy, blue.*
- *After I ate the salmon salad I felt still hungry and dissatisfied.*

# FOOD-MOOD TRACKER



DATE: \_\_\_/\_\_\_/\_\_\_

	Foods & drinks I had	How I felt before eating	How I felt within 1-2h
1. Breakfast Time:			
2. Snack Time:			
3. Lunch Time:			
4. Snack Time:			
5. Dinner Time:			

Notes:

HABIT TRACKERS

2024

E N E R G I S I N G . C O A L S  
*eg*

# Instructions

If you want to stick with a habit for good, one simple and effective thing you can do is keep a habit tracker.

Here's why: Elite performers will often measure, quantify, and track their progress in various ways. It offers a signal of whether they are making progress or need to change course.

Like a chef improving a recipe through trial and error, we often improve our habits through trial and error. However, when it comes to building a habit, feedback is often delayed. It's easy to taste an ingredient or to watch bread rise in the oven. But it can be difficult to visualize the progress you are making with your habits. Perhaps you've been running for a month, but you still don't see a change in your body. Or maybe you managed to meditate for 16 straight days, but you still feel stressed and anxious at work.

Habit formation is a long race. It often takes time for the desired results to appear. And while you are waiting for the long-term rewards of your efforts to accumulate, you need a reason to stick with it in the short-term. You need some immediate feedback that shows you are on the right path.

And this is where a habit tracker can help:

- It creates a visual cue that can remind you to act.
- It is motivating to see the progress you are making.
- It feels satisfying to record your success in the moment.







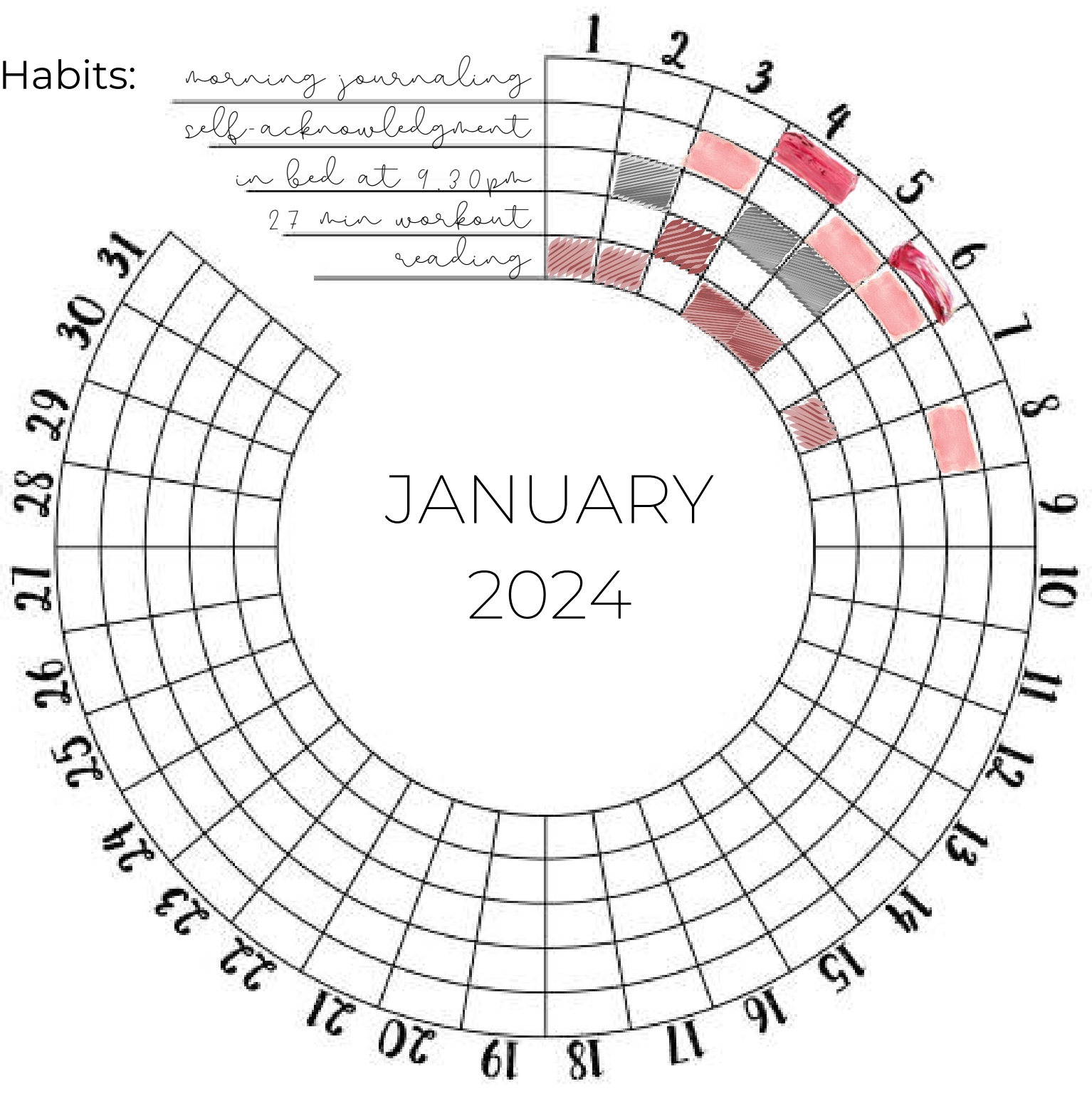


# Habit Tracker

## EXAMPLE

Habits:

- morning journaling
- self-acknowledgment
- in bed at 9.30pm
- 27 min workout
- reading



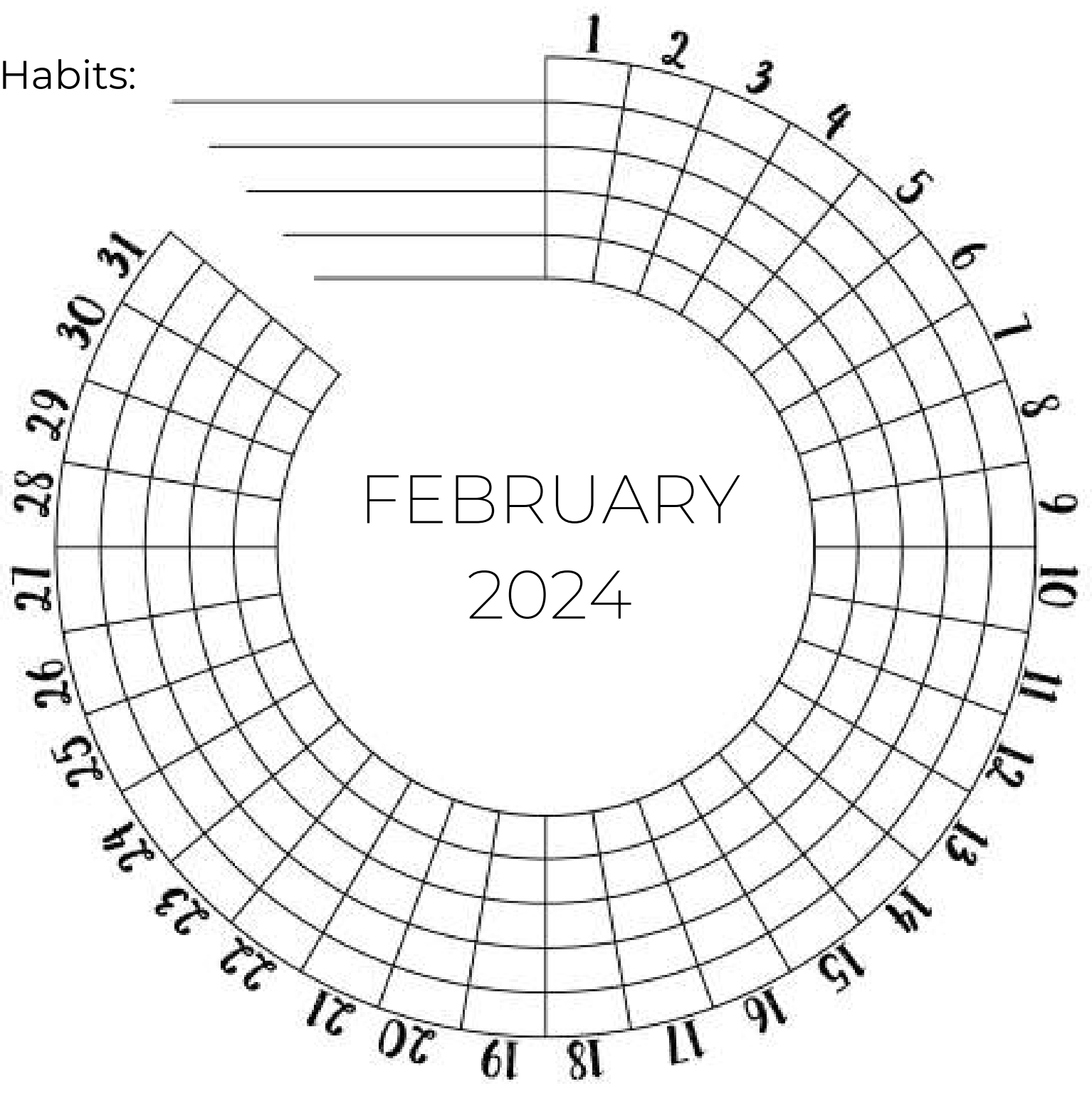
# Habit Tracker

Habits:

A circular habit tracker for January 2024. The center contains the text "JANUARY 2024". The outer ring is labeled with days from 1 to 31. The inner ring is divided into six horizontal sections, each representing a habit. Four lines extend from the "Habits:" label to the first four sections of the inner ring. The grid consists of concentric circles and radial lines forming a circular grid of cells for tracking habits over time.

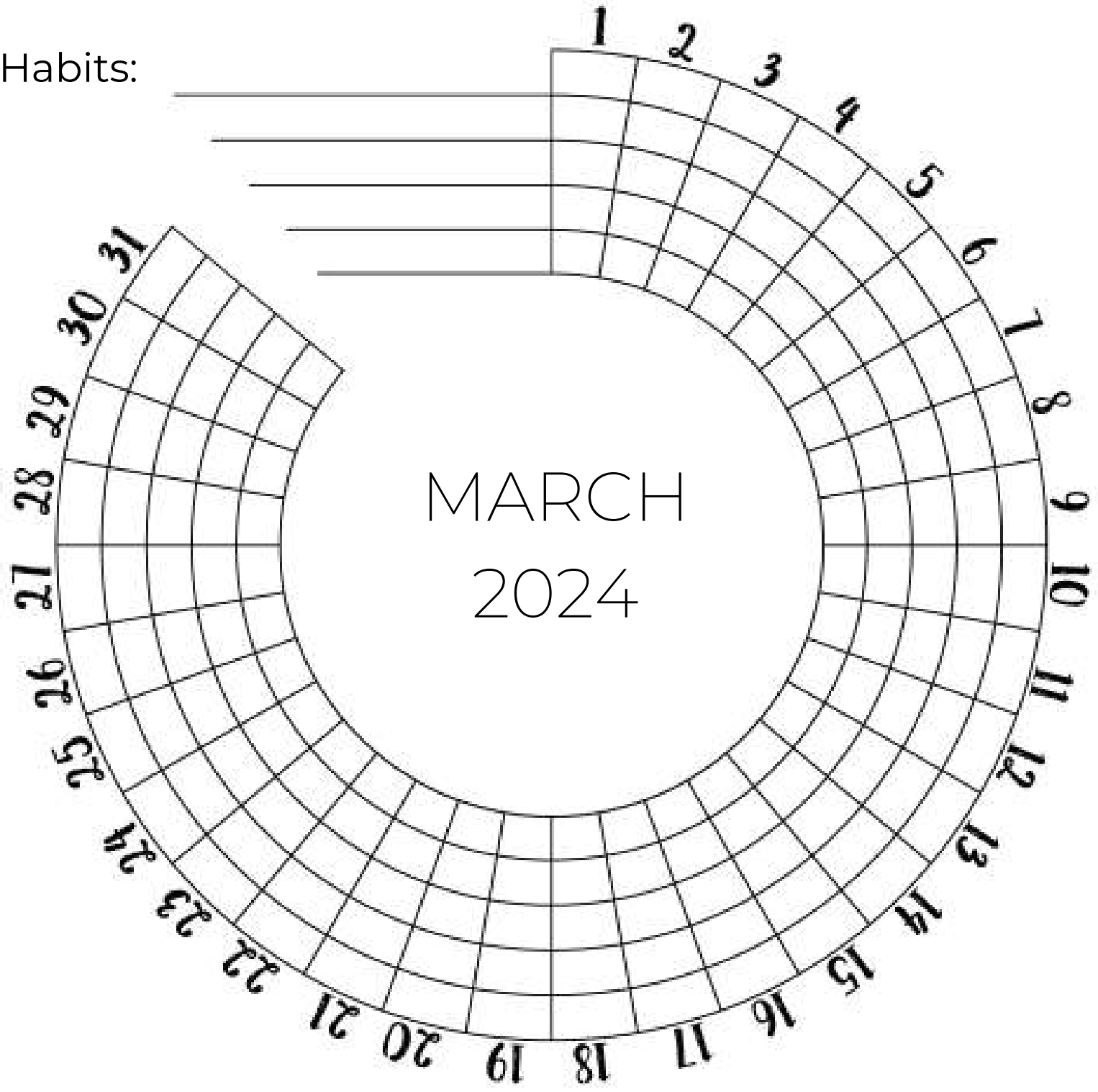
# Habit Tracker

Habits:



# Habit Tracker

Habits:



# Habit Tracker

Habits:

	1	2	3	4	5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

# Habit Tracker

Habits:

A circular habit tracker for the month of May 2024. The center of the circle contains the text "MAY 2024". The outer ring of the circle is labeled with the days of the month from 1 to 31, starting at the top and moving clockwise. The inner ring is divided into six horizontal sections, each representing a habit. Four lines extend from the "Habits:" label to the left side of these sections. The grid consists of concentric rings and radial lines that create a grid of cells for tracking habit completion on each day.

# Habit Tracker

Habits:

A circular habit tracker for the month of June 2024. The center of the circle contains the text "JUNE 2024". The outer ring of the circle is labeled with the days of the month from 1 to 31, starting at the top and moving clockwise. The inner ring is divided into six segments, each representing a habit. Four horizontal lines extend from the text "Habits:" to the left of the habit segments, providing space for the user to write the names of their habits. The grid consists of concentric circles and radial lines that create a grid of cells for tracking habit completion on each day.



# Habit Tracker

Habits:

A circular habit tracker for the month of July 2024. The center of the circle contains the text "JULY 2024". The outer ring of the circle is labeled with the days of the month from 1 to 31, starting at the top and moving clockwise. The inner ring is divided into six segments, each representing a habit. Four horizontal lines extend from the text "Habits:" to the left of the circle, providing space to write the names of the habits. The grid consists of concentric rings and radial lines that create a grid of cells for tracking the completion of each habit on each day.

# Habit Tracker

Habits:

A circular habit tracker for August 2024. The center contains the text "AUGUST 2024". The outer ring is labeled with days from 1 to 31. The inner ring is divided into six horizontal slots for habits, with lines extending from the "Habits:" label to these slots. The grid consists of concentric rings and radial lines forming a circular grid.

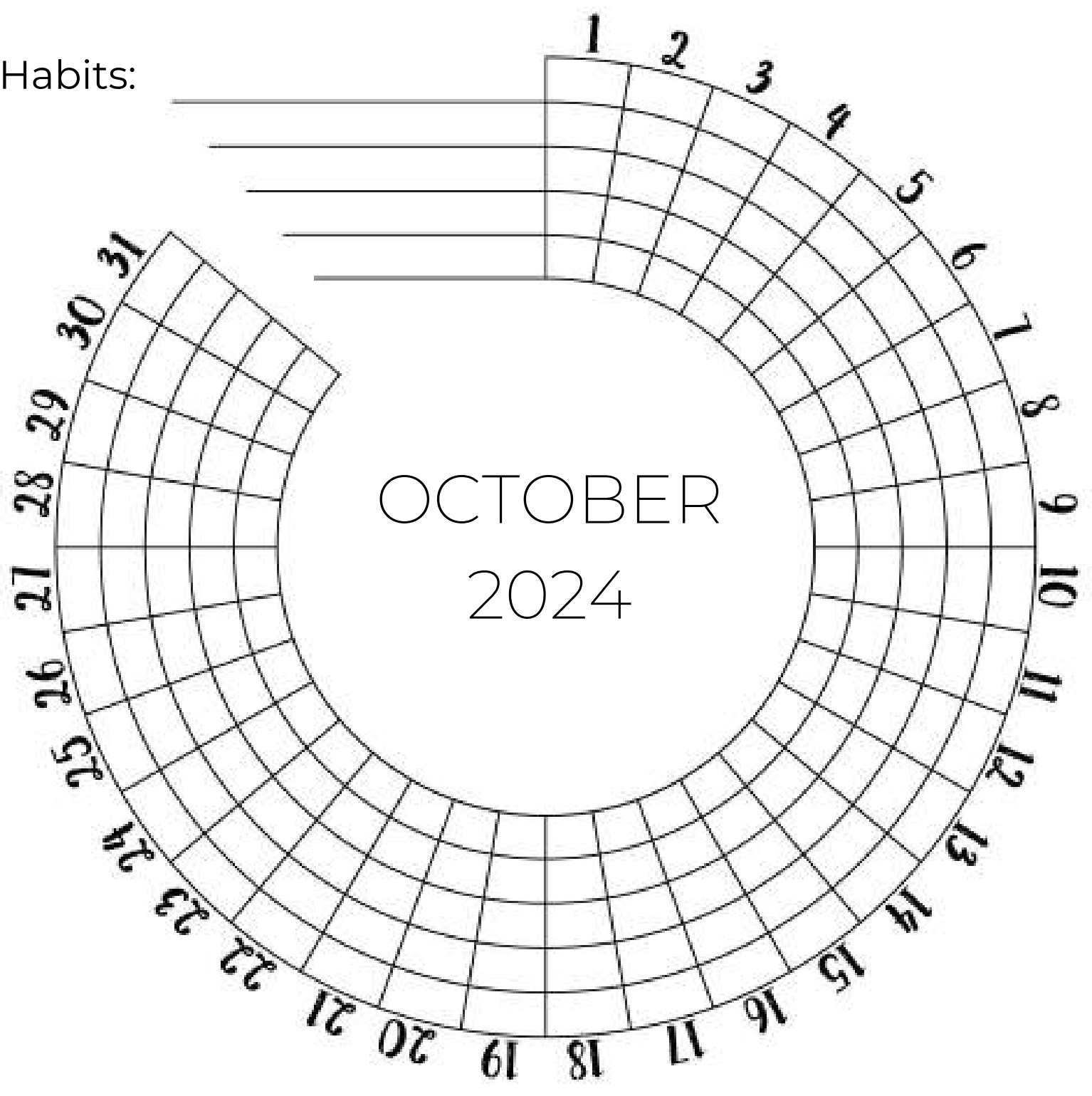
# Habit Tracker

Habits:

A circular habit tracker for the month of September 2024. The center of the circle contains the text "SEPTEMBER 2024". The outer ring of the circle is labeled with the days of the month from 1 to 31, starting from the top and moving clockwise. The inner part of the circle is divided into six concentric rings, each representing a habit. Four horizontal lines extend from the left side of the page, labeled "Habits:", to the inner rings, indicating where to write the names of the habits to be tracked. The grid consists of 31 columns (days) and 6 rows (habit slots).

# Habit Tracker

Habits:



# Habit Tracker

Habits:

A circular habit tracker for the month of November 2024. The center of the circle contains the text "NOVEMBER 2024". The outer ring of the circle is labeled with the days of the month from 1 to 31, starting at the top and moving clockwise. The inner rings are divided into six horizontal sections, each representing a habit. Four horizontal lines extend from the left side of the page, labeled "Habits:", to the start of these sections. The grid consists of 31 columns (days) and 6 rows (habit sections), creating a total of 186 cells for tracking.



# Habit Tracker

Habits:

A circular habit tracker grid. The outer ring contains numbers 1 through 31, representing the days of the month. The inner grid consists of 6 concentric rings, each representing a habit. The grid is divided into 31 columns (one for each day) and 6 rows (one for each habit). Four horizontal lines extend from the left side of the grid, corresponding to the first four habit rows, for labeling. The grid is currently empty.





# Weekly *to-do* List

Monday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Tuesday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Wednesday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Thursday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Friday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Saturday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Sunday

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Notes

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# 100 Days of:

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01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

# Weekly Health & Fitness Tracker

## MONDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

## TUESDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

## WEDNESDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

## THURSDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

## FRIDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

## SATURDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

## SUNDAY

- Sleep \_\_\_\_\_
- Exercise \_\_\_\_\_
- \_\_\_\_\_
- Vitamins/Medication

- B \_\_\_\_\_
- L \_\_\_\_\_
- D \_\_\_\_\_
- S \_\_\_\_\_

Water Intake



Notes:

2024

# Reading Tracker

READ	TITLE	AUTHOR	DATE STARTED	DATE FINISHED	RATING
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
					☆☆☆☆☆
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