TheBody360 – Daily Good Habit Tracker

Name:_____   Ideal weight range:_____   Today's date: / /_   Weekday: M T W T F S S

The goal is to collect as many Yes's as possible and decrease the No's. Use this daily until these new habits stick.

Today, did I …	Yes	No	Why?
… write down all the foods and quantities eaten (for 1 month)?			
… avoid the seed oils & trans fats?			
… include some healthy fats?			
… limit my carbs to "slow carbs/unrefined carbs only?			
… bulk up my meals with veggies, and water-absorbing foods?			
… increase my fibre from loads of non-starchy veggies?			
… start my meal with a salad, fruit, or soup?			
… plan ahead, and prepare my environment to avoid temptation?			
… eat 2-3 high quality nutritious meals – no snacking?			
… practise slow eating and deep breathing between bites?			
… drink plenty of water and herbal teas throughout the day?			
… delay the gratification from treats or alcohol to a future date?			

Today's number of No's:_____ *[each No is my area of focus for tomorrow]*   Yesterday's number of No's: _____
Did I decrease the number of No's compared to yesterday?   Yes   No   Today's total number of Yes's: _____