



Living Fitness

Fitness Habit Tracker

Weekly micro-habits for busy professionals (print one per week)

Name:		Week of:	
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Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Movement deposits								
10 min movement (walk, desk reboot, or workout)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2-min stand/stretch break (every ~30-60 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Steps / walk call (at least 10 min total)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Posture reset (2 min) / mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fuel & hydration								
Water goal (half bodyweight oz OR 8-10 cups)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Balanced plate: protein + fiber + smart carb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Planned snack before the 3 p.m. crash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Limit sugary drinks / added sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Recovery & mindset								
Sleep routine (screens off 30 min before bed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Breath reset (3 rounds: 4 in, 2 hold, 6 out)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sunlight / fresh air (1-5 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Self-talk check: add 'yet' to one negative thought	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Quick Tips

- Circle ONE non-negotiable habit for the week (e.g., 10-minute movement).
- Aim for progress, not perfection: checkboxes are wins, not grades.
- If you miss a day, restart at the next meal, meeting, or minute.



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Weekly Reflection & Plan

Use this page to turn small wins into momentum

Wins this week (what worked?)

Energy drains (what got in the way?)

What habit will I focus on next week?

My minimum plan (keep it realistic)

Movement (pick one)	Fuel (pick one)	Recovery (pick one)
<input type="checkbox"/> 10-minute walk	<input type="checkbox"/> Protein at breakfast	<input type="checkbox"/> Screens off 30 min before bed
<input type="checkbox"/> Desk Reboot routine (from the book)	<input type="checkbox"/> Balanced lunch (protein + fiber)	<input type="checkbox"/> 5-minute breathing or stretch at night
<input type="checkbox"/> Stand/stretch breaks (3x/day)	<input type="checkbox"/> Planned snack before 3 p.m.	<input type="checkbox"/> Morning sunlight 1-5 minutes
<input type="checkbox"/> Workout video (download) or app routine	<input type="checkbox"/> Water goal each day	<input type="checkbox"/> One boundary: stop work at ____

Weekly metrics (optional)

Average sleep hours:	
Average steps:	
Workouts completed:	
Water days met:	
Mood (1-10):	