



BE STRONG

Eat. Move. Live

Get Cracking On Tracking Resources

*Habits allow us to go from
'before' to 'after' and make
life easier and better.*

Progress Recorder

Progress Recorder

MEASUREMENTS

Whilst this program is not about weight loss or body composition change, it will play a massive role in laying strong foundations for you to achieve and sustain a healthy weight for lifelong.

Let's get started by standing on the scales and getting the tape measure out.

	Scale Weight	Waist Size 2" Above Belly Button	Waist Size At Belly Button	Waist Size 2" Below Belly Button
WEEK 0				
WEEK 1				
WEEK 2				



Personalise
Your New
Habit

Personalise Your New Habit

Create your personal version of the habit to commit to this challenge!

Here's an example:

I am 90-100% confident that I will record what I eat on paper for 6 days per week after I finish my last meal of the day.

Here's a template you can use to personalise your own new habit:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

My New Habit For This Challenge:

I am 90-100% confident that I will _____ for
6 days a week after I _____.



**WEEK ONE:
Habit Tracker
& Food Diary**

WEEK ONE: Habit Tracker and Food Diary

Use this tracker to add your current habit challenge and to monitor your daily progress over the next week. Add a 'Y' to box if you achieved your habit that day, and a 'N' if you did not.

YOUR HABIT:	DAYS:	1	2	3	4	5	6	7
<i>Get Cracking On Tracking</i>								

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACKS	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack)
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

**WEEK TWO:
Habit Tracker
& Food Diary**

WEEK TWO: Habit Tracker and Food Diary

Use this tracker to add your current habit challenge and to monitor your daily progress over the next week. Add a 'Y' to box if you achieved your habit that day, and a 'N' if you did not.

YOUR HABIT:	DAYS:	1	2	3	4	5	6	7
<i>Get Cracking On Tracking</i>								

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACKS	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack)
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Daily Journal

WEEK ONE: Daily Journal

Consider writing a short journal entry about each day on the program, to solidify your learning.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK TWO: Daily Journal

Consider writing a short journal entry about each day on the program, to solidify your learning.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY