

8 BASIC HABITS CHECKLIST

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Drink Water:</i> Is my urine pale yellow?							
<i>Servings of Vegetables</i>							
<i>Servings of Lean Protein</i>							
<i>Minutes of Physical Activity</i>							
<i>Hours of Sleep</i>							
<i>Stress/Mood</i>							
<i>Eat Just Enough</i> Not too much							
<i>Eat Slowly & Undistracted</i>							
<i>Manage Treats</i>							
<i>Practice Breathwork</i>							

