

# 1 Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_

## EAT

Vegetables  
Fruit  
Smart protein

**Breakfast:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

## MOVE

Walked \_\_\_\_\_ minutes  
 Bonus movement \_\_\_\_\_

## CHOOSE

Bedtime: \_\_\_\_\_  
Wake time: \_\_\_\_\_  
Self-care time:

## My attitude:

# 2 Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_

## EAT

Vegetables  
Fruit  
Smart protein

**Breakfast:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

## MOVE

Walked \_\_\_\_\_ minutes  
 Bonus movement \_\_\_\_\_

## CHOOSE

Bedtime: \_\_\_\_\_  
Wake time: \_\_\_\_\_  
Self-care time:

## My attitude:

### 3 Habit Tracker

#### My numbers:

Weight or measurements: \_\_\_\_\_  
Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_

#### EAT

Vegetables  
Fruit  
Smart protein

**Breakfast:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

#### MOVE

Walked \_\_\_\_\_ minutes  
 Sugar Buster routine \_\_\_\_\_

#### CHOOSE

Bedtime: \_\_\_\_\_  
Wake time: \_\_\_\_\_  
Self-care time:

#### My attitude:

### 4 Habit Tracker

#### My numbers:

Weight or measurements: \_\_\_\_\_  
Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_

#### EAT

Vegetables  
Fruit  
Smart protein

**Breakfast:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes

Hungry  Planned

Notes: \_\_\_\_\_

#### MOVE

Walked \_\_\_\_\_ minutes  
 Sugar Buster routine \_\_\_\_\_

#### CHOOSE

Bedtime: \_\_\_\_\_  
Wake time: \_\_\_\_\_  
Self-care time:       
Deep breathing:

#### My attitude:

5

# Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
 Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_

## EAT

Vegetables  
 Fruit  
 Smart protein  
 Smart carbs

**Breakfast:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

## MOVE

- Walked \_\_\_\_\_ minutes \_\_\_\_\_ steps
- Sugar Buster routine \_\_\_\_\_
- Found at least one opportunity to move

## CHOOSE

Bedtime: \_\_\_\_\_  
 Wake time: \_\_\_\_\_  
 Bedtime routine:   
 Self-care time:       
 Deep breathing:

## My attitude:

6

# Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
 Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_

## EAT

Vegetables  
 Fruit  
 Smart protein  
 Smart carbs  
 Smart fats

**Breakfast:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned

Notes: \_\_\_\_\_

## MOVE

- Walked \_\_\_\_\_ minutes \_\_\_\_\_ steps
- Sugar Buster routine \_\_\_\_\_
- Found at least two opportunities to move

## CHOOSE

Bedtime: \_\_\_\_\_  
 Wake time: \_\_\_\_\_  
 Bedtime routine:   
 Self-care time:       
 Deep breathing:     
 Nourishment:

## My attitude:

## 7 Habit Tracker

### My numbers:

Weight or measurements: \_\_\_\_\_  
Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_

### EAT

Vegetables  
Fruit  
Smart protein  
Smart carbs  
Smart fats

**Breakfast:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

### MOVE

- Walked \_\_\_\_\_ minutes \_\_\_\_\_ steps
- Sugar Buster routine \_\_\_\_\_
- Found at least two opportunities to move

### CHOOSE

Bedtime: \_\_\_\_\_  
Wake time: \_\_\_\_\_  
Bedtime routine:   
Self-care time:       
Deep breathing:     
Nourishment:     
Times I thanked people:

### My attitude:

## 8 Habit Tracker

### My numbers:

Weight or measurements: \_\_\_\_\_  
Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_  
\_\_\_\_\_ / \_\_\_\_\_

### EAT

Vegetables  
Fruit  
Smart protein  
Smart carbs  
Smart fats

**Breakfast:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes

Hungry  Planned  Portioned

Notes: \_\_\_\_\_

### MOVE

- Walked \_\_\_\_\_ minutes \_\_\_\_\_ steps
- Sugar Buster routine \_\_\_\_\_
- Found at least three opportunities to move

### CHOOSE

Bedtime: \_\_\_\_\_  
Wake time: \_\_\_\_\_  
Bedtime routine:   
Self-care time:       
Deep breathing:     
Nourishment:     
Times I thanked people:       
Practiced self-compassion:

### My attitude:

# Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
 Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_

## EAT

- Vegetables
- Fruit
- Smart protein
- Smart carbs
- Smart fats

**Breakfast:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

## MOVE

- Walked \_\_\_\_\_ min.    Faster segments
- Sugar Buster routine \_\_\_\_\_
- Found at least three opportunities to move

## CHOOSE

- Bedtime: \_\_\_\_\_
- Wake time: \_\_\_\_\_
- Bedtime routine:
- Self-care time:
- Deep breathing:
- Nourishment:
- Times I thanked people:
- Practiced self-compassion:

## My attitude:

# Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
 Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_

## EAT

- Vegetables
- Fruit
- Smart protein
- Smart carbs
- Smart fats

**Breakfast:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

## MOVE

- Walked \_\_\_\_\_ min.    Faster segments
- Sugar Buster routine \_\_\_\_\_
- Found at least three opportunities to move

## CHOOSE

- Bedtime: \_\_\_\_\_
- Wake time: \_\_\_\_\_
- Bedtime routine:
- Self-care time:
- Deep breathing:
- Nourishment:
- Times I thanked people:
- Practiced self-compassion:

## My attitude:

# 11 Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
 Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_

## EAT

Vegetables  
 Fruit  
 Smart protein  
 Smart carbs  
 Smart fats

**Breakfast:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

## MOVE

Walked \_\_\_\_\_ min.    Faster segments  
 Sugar Buster routine \_\_\_\_\_  
 Found at least three opportunities to move

## CHOOSE

Bedtime: \_\_\_\_\_  
 Wake time: \_\_\_\_\_  
 Bedtime routine:   
 Self-care time:       
 Deep breathing:     
 Nourishment:     
 Times I thanked people:       
 Practiced self-compassion:

## My attitude:

# 12 Habit Tracker

## My numbers:

Weight or measurements: \_\_\_\_\_  
 Blood sugar (time/level): \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_  
 \_\_\_\_\_ / \_\_\_\_\_

## EAT

Vegetables  
 Fruit  
 Smart protein  
 Smart carbs  
 Smart fats

**Breakfast:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Lunch:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Dinner:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

**Snack:** \_\_\_\_\_ minutes  
 Hungry  Planned  Portioned  
 Notes: \_\_\_\_\_

## MOVE

Walked \_\_\_\_\_ min.    Faster segments  
 Sugar Buster routine \_\_\_\_\_  
 Found at least three opportunities to move

## CHOOSE

Bedtime: \_\_\_\_\_  
 Wake time: \_\_\_\_\_  
 Bedtime routine:   
 Self-care time:       
 Deep breathing:     
 Nourishment:     
 Times I thanked people:       
 Practiced self-compassion:

## My attitude: