

Nutrition Habit Tracker

Track hydration, protein intake, fiber, vegetables, sleep, and movement to build healthier habits over time.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Water	■	■	■	■	■	■	■
Protein	■	■	■	■	■	■	■
Fiber	■	■	■	■	■	■	■
Vegetables	■	■	■	■	■	■	■
Sleep	■	■	■	■	■	■	■
Exercise	■	■	■	■	■	■	■

Weekly Reflection

What went well this week? _____

What is one habit I want to improve next week? _____

Purely Vital Living™