

30 DAYS CONSISTENCY

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

KEY

CROSS OFF YOUR ACTIONS



STUCK TO
CALORIES



HIT WATER
INTAKE



TRAINED OR
EXERCISE



HIT DAILY
STEPS / GOT A
DAILY WALK IN



REACHED
SLEEP GOAL

30 DAYS CONSISTENCY

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

KEY



CELEBRATION / EVENT



TRAINING SESSION



REST DAY



STEPS / WALK



GOOD NUTRITION



DRANK 2L WATER