

# 2016 Healthy Habits Progress Tracker

Name: \_\_\_\_\_

January 2016:

December 2016:

**Weight:** \_\_\_\_\_

\_\_\_\_\_

**BP:** \_\_\_\_\_

\_\_\_\_\_

**Pulse:** \_\_\_\_\_

\_\_\_\_\_

**Flexibility:** \_\_\_\_\_

\_\_\_\_\_

**Measurements:**

**Chest:** \_\_\_\_\_ **Waist** \_\_\_\_\_ **Hips:** \_\_\_\_\_ **Chest:** \_\_\_\_\_ **Waist** \_\_\_\_\_ **Hips:** \_\_\_\_\_

**Balance:** Eyes Open: \_\_\_\_\_

\_\_\_\_\_

Eyes Closed: \_\_\_\_\_

\_\_\_\_\_

**Rated Sleep Quality:** 1-10 \_\_\_\_\_

1 is less than 4 hours, restless sleep with interruption

10 is solid 8+ hours, no interruptions

**Average Number of Weekly Workouts:** \_\_\_\_\_

\_\_\_\_\_

**My Healthy Habits Commitments for 2016:**

**Nutrition:** \_\_\_\_\_

**Fitness:** \_\_\_\_\_

**Wellness:** \_\_\_\_\_

**December 2016 Evaluation of Healthy Habits Commitments:**

**Nutrition:**

**Fitness:**

**Wellness:**