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# HABIT STARTER KIT

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Body Happy

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# Habit Tracker



Use this tracker to add your current habit challenge and to monitor your daily progress over the next 2 weeks. Add a 'Y' to box if you achieved your habit that day, and a 'N' if you did not.

YOUR HABITS:	DAYS:	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Habit 1:															
Habit 2:															
Habit 3:															
Habit 4:															
Habit 5:															
Habit 6:															
Habit 7:															
Habit 8:															
Habit 9:															
Habit 10:															
Habit 11:															
Habit 12:															

# Meal Planner



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

# Training Planner



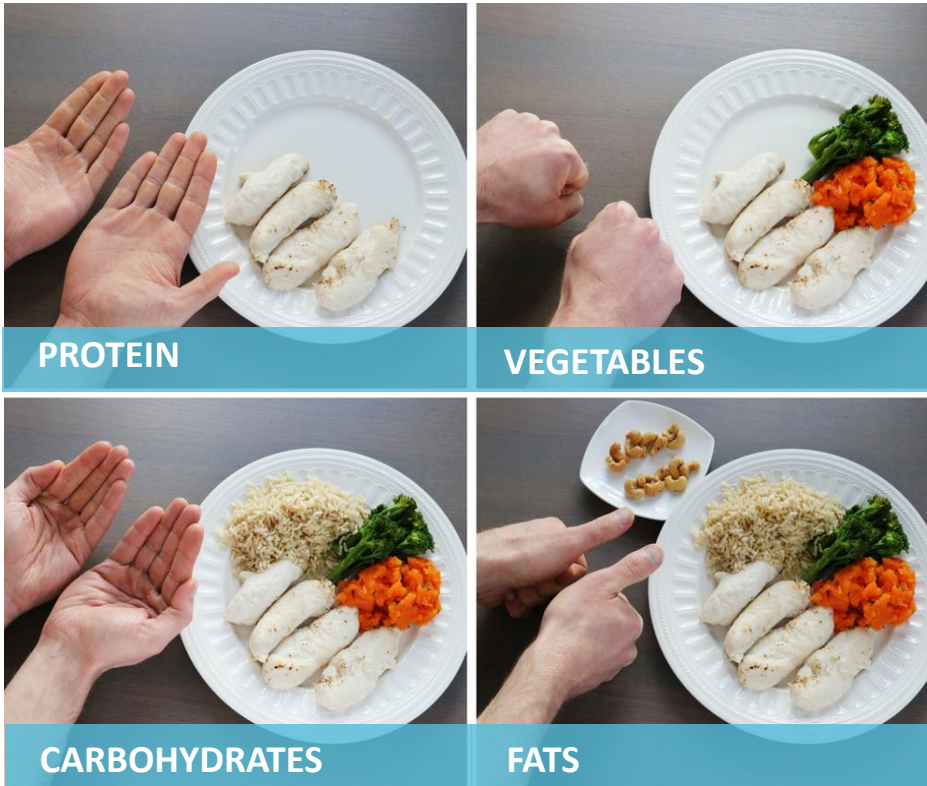
WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE							
TIME & DURATION							
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE							
TIME & DURATION							
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE							
TIME & DURATION							
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE							
TIME & DURATION							

# Progress Recorder



	Month 1					Month 2					Month 3		
MEASUREMENT	START Week 0	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Scale weight													
Waist Size – 2” Above Belly Button													
Waist Size - At Belly Button													
Waist Size – 2” Below Belly Button													
Bodyfat Reading (scales/callipers)													
Pictures?	Yes	-	-	-	Yes	-	-	-	Yes	-	-	-	Yes
	Month 4					Month 5					Month 6		
MEASUREMENT	WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	
Scale weight													
Waist Size – 2” Above Belly Button													
Waist Size - At Belly Button													
Waist Size – 2” Below Belly Button													
Bodyfat Reading (scales/callipers)													
Pictures?	-	-	-	Yes	-	-	-	Yes	-	-	-	Yes	

# Male Portion Control Guide



## **LEAN PROTEIN WITH EVERY MEAL:**

Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

## **VEGETABLES WITH EVERY MEAL:**

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

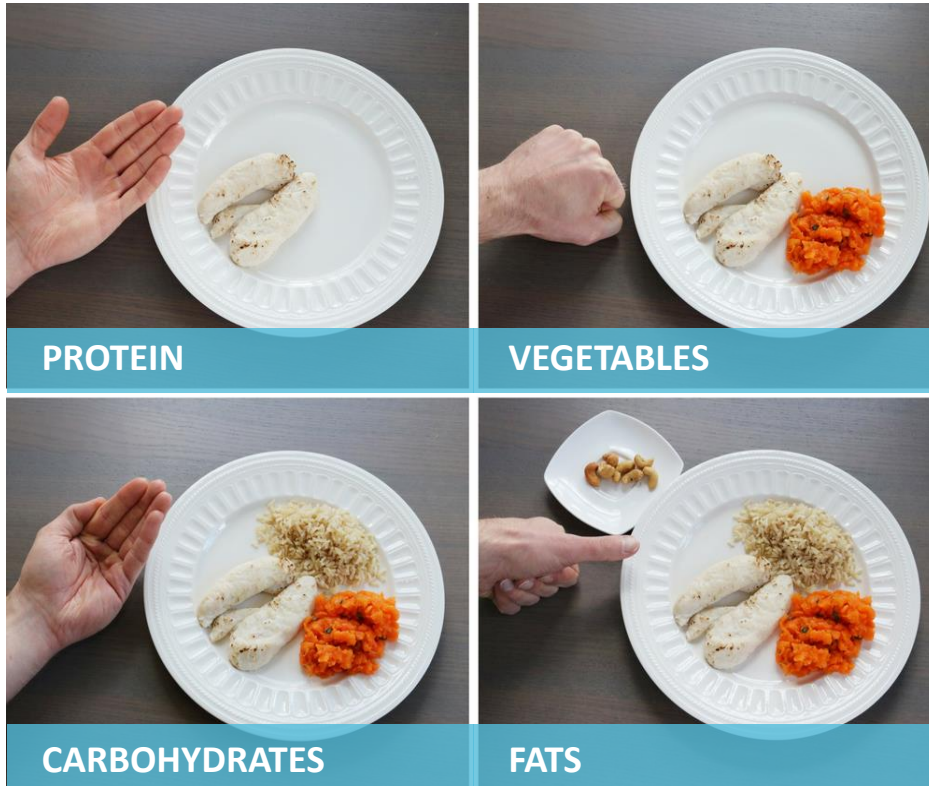
## **CARBOHYDRATES BASED ON ACTIVITY:**

Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

## **HEALTHY FATS WITH EVERY MEAL:**

Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

# Female Portion Control Guide



## **LEAN PROTEIN WITH EVERY MEAL:**

Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

## **VEGETABLES WITH EVERY MEAL:**

Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

## **CARBOHYDRATES BASED ON ACTIVITY:**

Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

## **HEALTHY FATS WITH EVERY MEAL:**

Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.