

Daily Consistency Tracker

Create your personalized goals for the next 3 months:

Start Date: _____ End Date: _____

Category Goal

Health _____

Fitness _____

Physical Wellness _____

Mental Wellness _____

Career Development _____

Lifestyle _____

“Small steps forward are always better than standing still.”

Category Result

Health _____

Fitness _____

Physical Wellness _____

Mental Wellness _____

Career Development _____

Lifestyle _____

Don't be too hard on yourself. Building new routines takes time—it doesn't happen overnight. You'll stumble, miss a day, or fall off track, and that's okay. What matters most is that you don't dwell on the slip. Give yourself grace, and just begin again the next day. Progress isn't about being perfect—it's about showing up, one day at a time.

DAILY TRACKER

| Date: _____

1. Wake-Up and Bedtime

🕒 Time Woke Up: _____ 🌙 Time Went to Bed: _____

Amount of Sleep: _____

2. Meals

🍳 Breakfast: _____

🥗 Lunch: _____

🍴 Dinner: _____

🍎 Snacks: _____

💧 Water Intake: _____

3. Workout

💪 Type of Workout: _____

🕒 Duration: _____

🏃 Exercise Routine: _____

Notes (e.g., energy level, challenges): _____

4. Physical Wellness

☀️ General Health: Blood Pressure: _____ Resting Heart Rate: _____

Vitamins: _____

Medication: _____

5. Mental Wellness

🧠 Activity: _____

🕒 Duration: _____

Notes: _____

6. Career Development

📌 Activity:

⌚ Time Spent:

Notes:

7. Phone & TV Time

📱 Time scrolling on Phone:

📺 Time Watching TV:

8. Alcohol Consumption

🍷 Did You Drink Alcohol? (Yes/No): _____

Type:

Quantity:

9. Reflection for the Day

🧠 How did you feel overall?:

🏆 Biggest Accomplishment:

10. What should you focus more on?