# Healthy Habit Flight Tracker

## Healthy Habit Focus

**Ex: 10k steps**

**Ex: 9pm screen time cut-off**

|   | 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 | 31 |
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## Movement

- 10k daily steps
- 20 minutes exercise
- Daily 30-minute walk
- Schedule rest days
- Weekly hikes
- 1 mile daily ruck

## Sleep

- Consistent sleep/wake time
- Cut off screen time 30-60 min
- Set a regular get-up time
- Reduce caffeine intake 6 hours before bed
- Prep sleep space *** declutter

## Mindfulness

- 5-minute daily meditation
- 30-minute meditation
- Practice breathing
- Journal thoughts and feelings
- Schedule time to do something you like
- Schedule a break into your day
- Connect with a friend
- Daily gratitude practice
- Connect with nature

## Nutrition

- Try a new recipe
- Create a list of your eating habits
- Focus on eating meals slower
- Incorporating more veggies
- 8-8oz glasses water per day (2 liters)
- Keep a food diary
- Make a grocery list
- Cut back calories in drinks

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Looking for inspiration? Here are some recommendations for your Healthy Habit focus!