

# ADVANCE 7 DAY HABIT TRACKER

FROM

TO

Habit to Track

|          |               |
|----------|---------------|
| 1) _____ | ● ● ● ● ● ● ● |
| 2) _____ | ● ● ● ● ● ● ● |
| 3) _____ | ● ● ● ● ● ● ● |
| 4) _____ | ● ● ● ● ● ● ● |
| 5) _____ | ● ● ● ● ● ● ● |
| 6) _____ | ● ● ● ● ● ● ● |

Weight at start of week

Kg/lbs

Weight at end of week

Kg/lbs

## Water Tracker

|       |  |
|-------|--|
| DAY-1 |  |
| DAY-2 |  |
| DAY-3 |  |
| DAY-4 |  |
| DAY-5 |  |
| DAY-6 |  |
| DAY-7 |  |

## Things to complete

|          |   |
|----------|---|
| 1) _____ | ● |
| 2) _____ | ● |
| 3) _____ | ● |
| 4) _____ | ● |
| 5) _____ | ● |

## Mood Tracker

|       |  |  |  |
|-------|--|--|--|
| DAY-1 |  |  |  |
| DAY-2 |  |  |  |
| DAY-3 |  |  |  |
| DAY-4 |  |  |  |
| DAY-5 |  |  |  |
| DAY-6 |  |  |  |
| DAY-7 |  |  |  |

## Study Tracker

1H

2H

3H

4H

5H

|   |                                 |
|---|---------------------------------|
| 1 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |
| 2 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |
| 3 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |
| 4 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |
| 5 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |
| 6 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |
| 7 | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● |

## How was your week

Study- \_\_\_/10  
 Productivity- \_\_\_/10  
 Self-Care- \_\_\_/10  
 Exercise- \_\_\_/10  
 Mood- \_\_\_/10