## Healthy Habits Daily Tracker

|                                 | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------|-----|-----|-----|-----|-----|-----|-----|
| Eat breakfast                   |     |     |     |     |     |     |     |
| Take 30 Billion probiotic       |     |     |     |     |     |     |     |
| Take multivitamin               |     |     |     |     |     |     |     |
| Decrease sugar intake           |     |     |     |     |     |     |     |
| Drink 8 glasses of water        |     |     |     |     |     |     |     |
| 30 min of moving                |     |     |     |     |     |     |     |
| Eat vegetables                  |     |     |     |     |     |     |     |
| No eating after 7 pm            |     |     |     |     |     |     |     |
| Take <b>Calotren</b> at bedtime |     |     |     |     |     |     |     |
| Get 7-8 hours of sleep          |     |     |     |     |     |     |     |
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