



Healthy Habits Tracker



Name: _____

(Circle the appropriate) **Step:** 1 2 3 4
Week: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

| | EATING | | | | | | | | PHYSICAL ACTIVITY | | | | |
|-----------|--------|---------------------|------------------------|-----------------------------|-------------------------------------|--|------------------|---------------------------|------------------------|--|---|-------------------|-------------|
| | Date | Daily calorie limit | 12 hour fast completed | Morning (what did you eat?) | Calories | Lunch | Calories | Evening | Calories | Incidental Movement done | Fitness workout? | Strength workout? | Hours slept |
| Example | 1/3/15 | 1200 | 9 | Choc Q.S. 6 almonds | 277 ¹ 42 ² | Rocket, spinach, tomato, capsicum, mushrooms | 450 ³ | Choc Q.S. 1 Boiled egg | 271 ¹ 78 | Walked around the office every hour | Fast 30 sec Recovery 1/2 mins cycle | n/a | 7 |
| Monday | | | | | | | | | | | | | |
| Tuesday | | | | | | | | | | | | | |
| Wednesday | | | | | | | | | | | | | |
| Thursday | | | | | | | | | | | | | |
| Friday | | | | | | | | | | | | | |
| Saturday | | | | | | | | | | | | | |
| Sunday | | | | | | | | | | | | | |

MY KEY MOTIVATION IS: _____
 (refer to page 15 of the _____
 'How to' Guide) _____

1. Find this out by visiting: yourbodyyourway.com.au and click on the Eating Plan section.
2. For a list of suggested snacks and their calories value, please visit: yourbodyyourway.com.au and click on the Eating Plan section.
3. For a list of suggested lunches and their calories values, please visit: yourbodyyourway.com.au and click on the Eating Plan section.

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| | WEEKLY CHECK-IN | | | | | | |
|-----------|--------------------|-------|-------|--------------------|--------------------|--------------------|------|
| | Resting heart rate | Waist | Chest | Upper arms | Lower arms | Thighs | Hips |
| Example | 60 | 75cm | 81cm | L 30 R 31 cm | L 27 R 28 cm | L 50 R 51 cm | 95cm |
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Saturday | | | | | | | |
| Sunday | | | | | | | |

Check your resting heart rate:

1. Find your pulse at your wrist (the radial artery) or at your carotid artery in your neck.
2. Measure it when you are sitting down and relaxed, preferably first thing in the morning.
3. Count your pulse for 10 seconds and then multiply the result by 6 to get your heart rate per minute.



Carotid artery



Radial artery

Measure your body

Stand with your back straight, and wrap a soft tape measure around the body parts below.

Upper arm: Measure the fullest part above your elbows.

Chest: (Female) Measure directly under your breasts/chest.

(Male) Measure the fullest part of your chest.

Waist: Measure the narrowest part of your torso.

Lower arms: Measure below your elbows – around fullest part.

Hips: Measure the fullest part of your hipbones.

Thighs: Measure around thickest part of your thigh while standing.

However you measure, ensure you measure the same way each week.

