

Heart Healthy Habit Tracker



What makes your heart healthy? Is it exercise, healthy eating, sleep, hydration, mindfulness, not using tobacco products, or dealing with stress in a positive way?

This challenge will allow you to work towards living a healthier lifestyle while creating healthy habits. Habits are something you must work towards daily; they say it takes 21 days to make a new habit. This will be a 4-week challenge where you choose the healthy habit you want to incorporate into your daily routine. You can work on one healthy habit for the month or a different one each week. Track your progress and utilize the resources to keep you on track all month long.

MON

TUE

WED

THU

FRI

SAT

SUN

Week #1
Healthy Habit:

Week #2
Healthy Habit:

Week #3
Healthy Habit:

Week #4
Healthy Habit: