FREE 30-DAY JOURNAL

Body Back on Track Journal

Started _____

Small habits, done most days, add up. Track water, sleep, movement, and fruits and vegetables for 30 days. You don't need a gym or a special diet, just a little better than yesterday.

How to use it:

1. Fill in one row each night. It takes a minute.
2. Fill a circle for each glass of water and each serving of fruits or vegetables.
3. Rate your energy from 1 (worn out) to 5 (great).
4. On Sunday, notice what helped most.

My health goal for these 30 days
Example: walk 20 minutes, 5 days a week.

Why it matters to me
Who or what you're doing this for.

Free and cheap habits to try

Walk after dinner · Drink a glass of water before each meal · Same bedtime every night · Cook at home and save money too · Stretch for 5 minutes in the morning · Take the stairs

How I feel today, before I start

This journal is for encouragement, not medical advice. Talk with your doctor before starting a new exercise plan, especially if you have a health condition.

Body Back on Track: Week 1

Week of _____

DAY	WATER (GLASSES)	SLEEP HRS	MOVEMENT MIN	FRUITS AND VEG	ENERGY	NOTES
Mon	○○○○○○○○			○○○○○	1 2 3 4 5	
Tue	○○○○○○○○			○○○○○	1 2 3 4 5	
Wed	○○○○○○○○			○○○○○	1 2 3 4 5	
Thu	○○○○○○○○			○○○○○	1 2 3 4 5	
Fri	○○○○○○○○			○○○○○	1 2 3 4 5	
Sat	○○○○○○○○			○○○○○	1 2 3 4 5	
Sun	○○○○○○○○			○○○○○	1 2 3 4 5	

What helped most this week

What got in the way

How my body feels compared to last week

One habit to add next week

Body Back on Track: Week 2

Week of _____

DAY	WATER (GLASSES)	SLEEP HRS	MOVEMENT MIN	FRUITS AND VEG	ENERGY	NOTES
Mon	○○○○○○○○			○○○○○	1 2 3 4 5	
Tue	○○○○○○○○			○○○○○	1 2 3 4 5	
Wed	○○○○○○○○			○○○○○	1 2 3 4 5	
Thu	○○○○○○○○			○○○○○	1 2 3 4 5	
Fri	○○○○○○○○			○○○○○	1 2 3 4 5	
Sat	○○○○○○○○			○○○○○	1 2 3 4 5	
Sun	○○○○○○○○			○○○○○	1 2 3 4 5	

What helped most this week

What got in the way

How my body feels compared to last week

One habit to add next week

Body Back on Track: Week 3

Week of _____

DAY	WATER (GLASSES)	SLEEP HRS	MOVEMENT MIN	FRUITS AND VEG	ENERGY	NOTES
Mon	○○○○○○○○			○○○○○	1 2 3 4 5	
Tue	○○○○○○○○			○○○○○	1 2 3 4 5	
Wed	○○○○○○○○			○○○○○	1 2 3 4 5	
Thu	○○○○○○○○			○○○○○	1 2 3 4 5	
Fri	○○○○○○○○			○○○○○	1 2 3 4 5	
Sat	○○○○○○○○			○○○○○	1 2 3 4 5	
Sun	○○○○○○○○			○○○○○	1 2 3 4 5	

What helped most this week

What got in the way

How my body feels compared to last week

One habit to add next week

Body Back on Track: Week 4

Week of _____

DAY	WATER (GLASSES)	SLEEP HRS	MOVEMENT MIN	FRUITS AND VEG	ENERGY	NOTES
Mon	○○○○○○○○			○○○○○	1 2 3 4 5	
Tue	○○○○○○○○			○○○○○	1 2 3 4 5	
Wed	○○○○○○○○			○○○○○	1 2 3 4 5	
Thu	○○○○○○○○			○○○○○	1 2 3 4 5	
Fri	○○○○○○○○			○○○○○	1 2 3 4 5	
Sat	○○○○○○○○			○○○○○	1 2 3 4 5	
Sun	○○○○○○○○			○○○○○	1 2 3 4 5	

What helped most this week

What got in the way

How my body feels compared to last week

One habit to add next week

30 days: how far I've come

Month _____

Habits that stuck

How my energy changed

How my sleep changed

What was hardest

What I'm proud of

My goal for the next 30 days

Keep going: *Get Your Body Back on Track* by Mike O. has simple, low-cost habits for every age.