GIMME FIT
PERSONAL TRAINING

Healthy Habits Checklist

	FREQ.	SUN	MON	TUE	WED	THU	FRI	SAT
Drink 30 oz of water first thing in the morning		10	10	10	10	10	10	10
Eat an approved meal for breakfast		50	50	50	50	50	50	50
Eat an approved meal for lunch		50	50	50	50	50	50	50
Eat an approved meal for dinner		50	50	50	50	50	50	50
Sleep at least 7.5 hours (night before)		20	20	20	20	20	20	20
Exercise for at least 45 minutes		50	50	50	50	50	50	50
Drink at least 96 oz of water total		10	10	10	10	10	10	10
Consume no more than 10g added sugars		30	30	30	30	30	30	30
Total:	0							