Better5 Health & Fitness Tracker

Goal this Week: _____ Dates: _____ - _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Energy Level (circle yours)	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★	★ ★ ★ ★ ★
What exercises did you do today?	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
How are you feeling? (circle yours)	☹ 😟 😐 🙂 😊 Other: _____	☹ 😟 😐 🙂 😊 Other: _____	☹ 😟 😐 🙂 😊 Other: _____	☹ 😟 😐 🙂 😊 Other: _____	☹ 😟 😐 🙂 😊 Other: _____	☹ 😟 😐 🙂 😊 Other: _____	☹ 😟 😐 🙂 😊 Other: _____
What progress are you noticing?	I am noticing: _____ _____ _____	I am noticing: _____ _____ _____	I am noticing: _____ _____ _____	I am noticing: _____ _____ _____	I am noticing: _____ _____ _____	I am noticing: _____ _____ _____	I am noticing: _____ _____ _____
How many hours of sleep did you get?	_____ Hours	_____ Hours	_____ Hours	_____ Hours	_____ Hours	_____ Hours	_____ Hours
How hydrated are you? (fill in yours)	💧 💧 💧 💧 💧	💧 💧 💧 💧 💧	💧 💧 💧 💧 💧	💧 💧 💧 💧 💧	💧 💧 💧 💧 💧	💧 💧 💧 💧 💧	💧 💧 💧 💧 💧
How well did you eat today? (circle yours)	☹ 😟 😐 🙂 😊	☹ 😟 😐 🙂 😊	☹ 😟 😐 🙂 😊	☹ 😟 😐 🙂 😊	☹ 😟 😐 🙂 😊	☹ 😟 😐 🙂 😊	☹ 😟 😐 🙂 😊