

Habit Tracker	7/6/2025	7/7/2026	7/8/2026	7/9/2026	7/10/2025	7/11/2025	7/12/2025
	MON	TUES	WED	THURS	FRI	SAT	SUN
Starting Weight 205.8							
HABIT							
Get 7 hours sleep							
Take vitamins/supplements							
Take Creatine							
12K Steps							
Weightlifting							
Track Food 2200 Calories							
Eat 250g Protein							
Drink 8 bottles of Water							
25 Minute Sauna							
Do Cardio							