

YOUR FOUR-WEEK TRACKER

Print this page or fill it in a PDF reader. Day 1 is your start date; add the date in each box.

Programme	Start date	Weeks
Food habit	Sleep/rest habit	

Session: A/B = strength, C = cardio, R = gentle recovery, Rest = full rest. Or use your programme's session names.

Tick Food or Sleep when you practise your chosen habit. Leave unused boxes blank. Record minutes if helpful.

WEEK 1	DAY 01 Date Session min ☐ Food ☐ Sleep	DAY 02 Date Session min ☐ Food ☐ Sleep	DAY 03 Date Session min ☐ Food ☐ Sleep	DAY 04 Date Session min ☐ Food ☐ Sleep	DAY 05 Date Session min ☐ Food ☐ Sleep	DAY 06 Date Session min ☐ Food ☐ Sleep	DAY 07 Date Session min ☐ Food ☐ Sleep
	DAY 08 Date Session min ☐ Food ☐ Sleep	DAY 09 Date Session min ☐ Food ☐ Sleep	DAY 10 Date Session min ☐ Food ☐ Sleep	DAY 11 Date Session min ☐ Food ☐ Sleep	DAY 12 Date Session min ☐ Food ☐ Sleep	DAY 13 Date Session min ☐ Food ☐ Sleep	DAY 14 Date Session min ☐ Food ☐ Sleep
	DAY 15 Date Session min ☐ Food ☐ Sleep	DAY 16 Date Session min ☐ Food ☐ Sleep	DAY 17 Date Session min ☐ Food ☐ Sleep	DAY 18 Date Session min ☐ Food ☐ Sleep	DAY 19 Date Session min ☐ Food ☐ Sleep	DAY 20 Date Session min ☐ Food ☐ Sleep	DAY 21 Date Session min ☐ Food ☐ Sleep
	DAY 22 Date Session min ☐ Food ☐ Sleep	DAY 23 Date Session min ☐ Food ☐ Sleep	DAY 24 Date Session min ☐ Food ☐ Sleep	DAY 25 Date Session min ☐ Food ☐ Sleep	DAY 26 Date Session min ☐ Food ☐ Sleep	DAY 27 Date Session min ☐ Food ☐ Sleep	DAY 28 Date Session min ☐ Food ☐ Sleep

WEEKLY CHECK-IN: one thing that worked, and one small adjustment for the next week.

WEEK 1	WEEK 2	WEEK 3	WEEK 4

Rest is part of the plan. Follow your guide's recovery advice; a missed day does not need a make-up workout.