



# GET ACTIVE 30 DAY CHALLENGE

## DAILY HABIT TRACKER

Choose 5 habits you consistently want to implement for the next month.

### ACTIVITY

### OPTAVIA® PLAN

### PERSONAL DEVELOPMENT

### WATER

### HEALTHY SLEEP SCHEDULE

## WHAT IS MY WHY?

## THINGS I NEED TO REMEMBER WHEN I FACE OBSTACLES



# GET ACTIVE 30 DAY CHALLENGE

## HABIT TRACKER CHECKLIST

Check a box when you complete your goals for the day. Tally your checks at the end of 30 days and celebrate your progress!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP	<input type="checkbox"/> ACTIVITY <input type="checkbox"/> OPTAVIA PLAN <input type="checkbox"/> DEVELOPMENT <input type="checkbox"/> WATER <input type="checkbox"/> SLEEP