

Natural Health Basics

2-Week Daily Habits Tracker

Print this sheet. Check off each habit daily to stay accountable during your 14-day protocol.

HABIT	D1	D2	D3	D4	D5	D6	D7	D8	D9
Calorie Target: Stayed within 500-750 deficit	<input type="checkbox"/>								
Protein Target: 0.8-1.0g per lb of bodyweight	<input type="checkbox"/>								
Water: Drank 2.5 - 3.5 Litres	<input type="checkbox"/>								
Steps: Hit 10,000 NEAT steps	<input type="checkbox"/>								
Sleep: Achieved 7-9 hours	<input type="checkbox"/>								
Workout: Completed Strength/HIIT session (if scheduled)	<input type="checkbox"/>								
Zero added sugars or refined carbohydrates	<input type="checkbox"/>								

Tips for Success:

- Do not weigh yourself every day. Water fluctuations will mess with your head. Weigh on Day 1 and Day 15 only.
- If you miss a habit, do not panic and do not starve yourself the next day. Just get back on track.
- Keep this tracker visible (e.g., on your fridge) to build momentum.