

Healthy Habits Checklist



Use this checklist as a guide to help your clients build healthy habits that last a lifetime! The habits have been put in chronological order of importance. Make sure a client has built one habit before charging them with another!

HABIT	HABIT DESCRIPTION	DONE
01	Drink & log recommended daily water	<input type="radio"/>
02	Eat breakfast every day	<input type="radio"/>
03	Eat protein, carbs, and fat at every meal	<input type="radio"/>
04	Track your food at 90% or better	<input type="radio"/>
05	Eat 5-6 meals/day	<input type="radio"/>
06	No processed food for breakfast	<input type="radio"/>
07	No protein powders at breakfast, lunch, or dinner	<input type="radio"/>
08	Keep total daily sugar to 20% or less	<input type="radio"/>
09	Workout 2-3x/week - High intensity relative to your fitness level	<input type="radio"/>
10	Prep your meals on Sundays and Thursdays	<input type="radio"/>
11	Eat 2.5 cups of veggies every day and log them	<input type="radio"/>
12	Consume 2-3g Omega 3s each day (supplement is okay)	<input type="radio"/>
13	Limit your cheat meal to once per week	<input type="radio"/>
14	Don't go out to eat for two weeks in a row	<input type="radio"/>
15	Carbs for 2 weeks: Oats, sweet potatoes, brown rice, veggies	<input type="radio"/>
16	Eat only 1 ingredient foods for 2 weeks	<input type="radio"/>
17	Workout 5-6x/week - High intensity relative to your fitness level	<input type="radio"/>
18	Train for a special athletic event & track food 90% during training	<input type="radio"/>
19	No desserts, baked goods, candy, etc. for 6 months - 1 year	<input type="radio"/>
20	Athlete level body fat for 6 months (6-13% men/14-20% women)	<input type="radio"/>