

7 Skills

Tracker Pack

Printable Tracking Pages

A companion to 7 Skills to Lasting Health

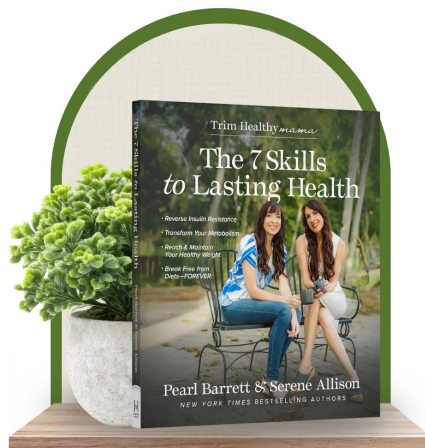
Keep building your healthy habits.

The tracking pages included in 7 Skills to Lasting Health are designed to be used again and again. Print as many copies as you need whenever you want a fresh place to focus on one of the six trackable skills.

These pages are tools, not report cards. Use them to notice patterns, celebrate progress, and gently guide yourself back whenever life gets messy.

And remember: Skill 7 - Give Yourself Grace - is woven through every step. Grace is not another box to check. It is the mindset that helps you keep going.

Progress over perfection. Always.



SKILL 1:

Eat Breakfast

Fuel your day with intention.

Dates: _____

Day	Ate Breakfast? (✓)	Fuel Type (S/E/XO)	Protein Included? (✓)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Dates: _____

Day	Ate Breakfast? (✓)	Fuel Type (S/E/XO)	Protein Included? (✓)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

SKILL 2:

Eat Sufficient Protein

Let protein be the steady foundation of your meals.

Dates: _____

Day	Breakfast ✓	Protein Source	Lunch ✓	Protein Source	Dinner ✓	Protein Source	Snack ✓	Protein Source
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Dates: _____

Day	Breakfast ✓	Protein Source	Lunch ✓	Protein Source	Dinner ✓	Protein Source	Snack ✓	Protein Source
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

SKILL 3:

Eat More Veggies

Add color, crunch, freshness, and nourishment.

Dates: _____

Day	Breakfast: Veggies/ Berries? (✓)	What Kind?	Lunch: Veggies? (✓)	What Kind?	Dinner: Veggies? (✓)	What Kind?	Snack: Veggies? (✓)	What Kind?
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Dates: _____

Day	Breakfast: Veggies/ Berries? (✓)	What Kind?	Lunch: Veggies? (✓)	What Kind?	Dinner: Veggies? (✓)	What Kind?	Snack: Veggies? (✓)	What Kind?
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

SKILL 4:

Separate Your Fuels

Keep your meals clear and simple as you practice.

Dates: _____

Day	Breakfast (S/E/XO)	Lunch (S/E/XO)	Dinner (S/E/XO)	Snack (S/E/XO/FP)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Dates: _____

Day	Breakfast (S/E/XO)	Lunch (S/E/XO)	Dinner (S/E/XO)	Snack (S/E/XO/FP)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SKILL 5:

Unshackle from Sugar

Pause, notice the pull, and choose your response.

Dates: _____

Day	Morning: Sugar Pull? (✓)	Response (A-E)	Afternoon: Sugar Pull? (✓)	Response (A-E)	Evening: Sugar Pull? (✓)	Response (A-E)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Dates: _____

Day	Morning: Sugar Pull? (✓)	Response (A-E)	Afternoon: Sugar Pull? (✓)	Response (A-E)	Evening: Sugar Pull? (✓)	Response (A-E)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

SKILL 6:

Move Your Body

Choose movement that supports your strength and peace.

Dates: _____

Day	Strength	Cortisol-Safe Cardio	Mental Health Walk	Full Rest	Optional Rest
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Dates: _____

Day	Strength	Cortisol-Safe Cardio	Mental Health Walk	Full Rest	Optional Rest
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					