

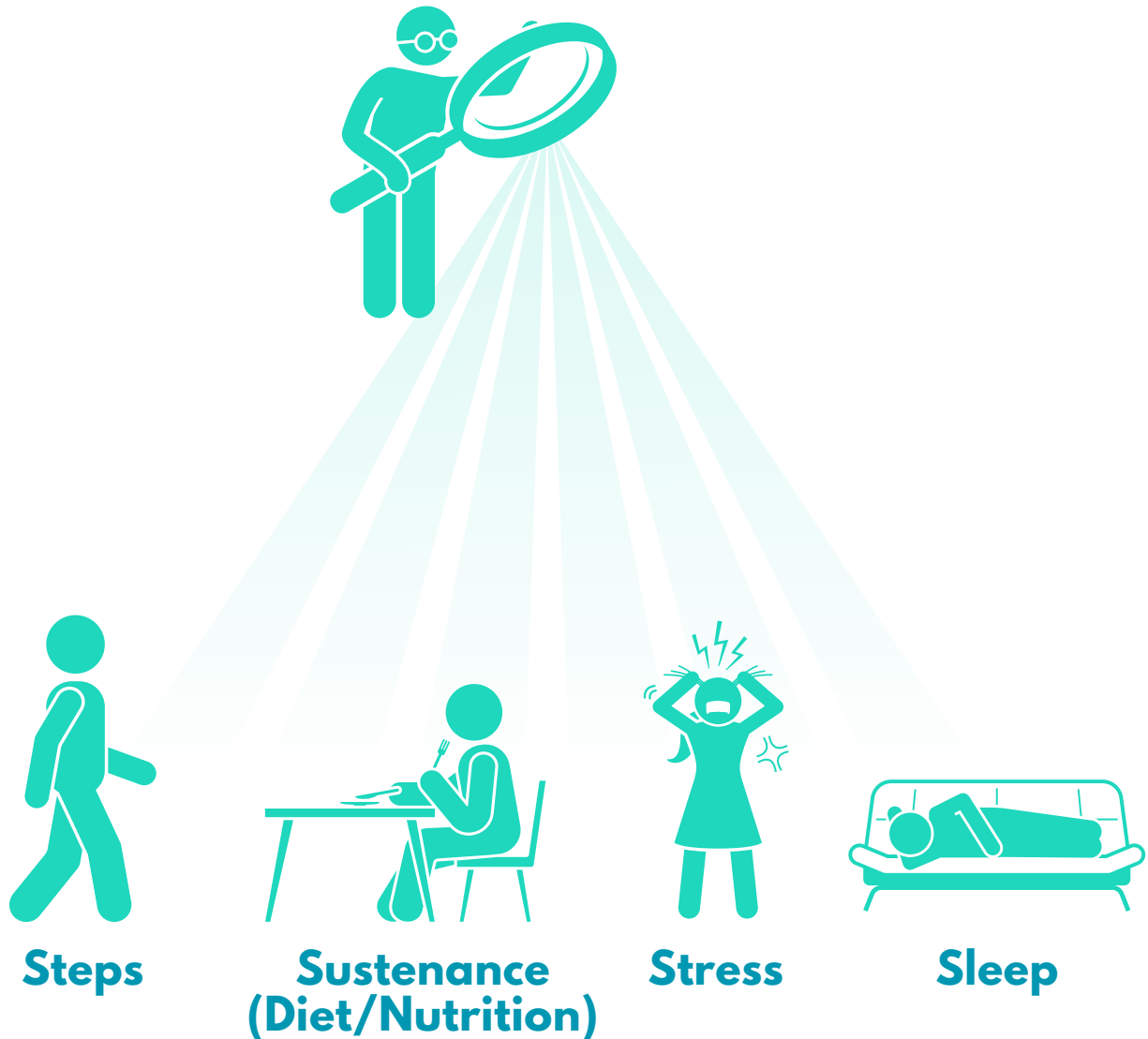
Tracking



Spot Patterns. Make Progress.

Tracking isn't just about numbers — it's about gaining insights to make real, lasting changes.

Tracking habits like steps, sustenance, stress, and sleep may seem simple, but it's a powerful foundation for reaching your wellness goals.



Tracking these areas is like building a personalized wellness toolkit, helping you make adjustments that support lasting health. Each step you take brings you closer to becoming a more functional, energized, and balanced version of yourself.

Steps

Why It Matters



Heart Health

Walking regularly lowers blood pressure and cholesterol, keeping your heart strong. Tracking helps you stay consistent.

Weight Control

Walking burns calories, making it easier to manage your weight. Seeing your step count keeps you motivated to stay active.

Mood Boost

Movement releases endorphins that reduce stress and lift your mood. Tracking steps builds a routine that keeps you feeling good

Strength & Balance

Walking strengthens your legs, core, and bones, improving stability. Tracking makes sure you're moving enough every day.

Energy Boost

Staying active helps blood flow and keeps your energy levels up. Tracking your steps helps you build a habit of regular movement.

Lower Health & Death Risks

Consistent movement lowers the risk of chronic diseases like diabetes and heart disease.

Steps How To Track



Manually tracking steps can get tricky unless you're using a pedometer — and even then, it's a hassle to record everything by hand.



These days, it's way easier to use a **smartphone** or, even better, a wearable device like an **Apple Watch** or **Fitbit**. They track your steps automatically, sync data, and give you insights right on your screen.

The goal is to make tracking effortless, so pick a device that fits your lifestyle and just keep moving!

Sustenance

Why It Matters



Stay on Top of Your Weight

Tracking helps you see how much you're really eating, making it easier to manage your weight without guessing.

Fuel Your Body Right

It shows you if you're getting the right mix of nutrients, helping you stay energized and healthy.

Build Better Habits

Logging your meals makes you more mindful of your choices, cutting down on mindless snacking.

Keep Your Energy Steady

Eating too much or too little can zap your energy. Tracking helps you find the right balance.

Spot Food Sensitivities

Tracking makes it easier to notice which foods might be causing bloating or discomfort.

Support Long-Term Health

A balanced diet lowers health risks. Tracking helps you stay on track with better food choices.

Sustenance How To Track

Measure



Diet : Daily

Start by measuring your food daily — use a food scale or measuring cups to get accurate portions.



Weight : Weekly

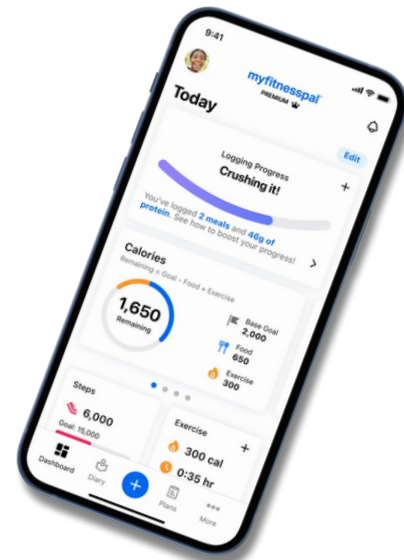
Weigh yourself weekly to see progress without obsessing over daily fluctuations.

Log



Manual

You can track manually with handwritten macros in a journal, which builds awareness but takes more effort.



App

Our Recommendation: MyFitnessPal



Sleep

Why It Matters



Boosts Memory & Learning

Sleep helps your brain organize info, dump useless stuff, and lock in important memories. You'll learn and remember more.

Repairs Your Body

Muscles heal, cells regenerate, and your body bounces back from daily stress. Stronger, healthier, more resilient.

Restores Energy

Quality sleep = more stamina, better endurance, and a refreshed start to your day. Athletes know — sleep is fuel.

Strengthens Immunity

Sleep powers up your immune system.
Skip it, and you're more likely to get sick.

Manages Stress & Mood

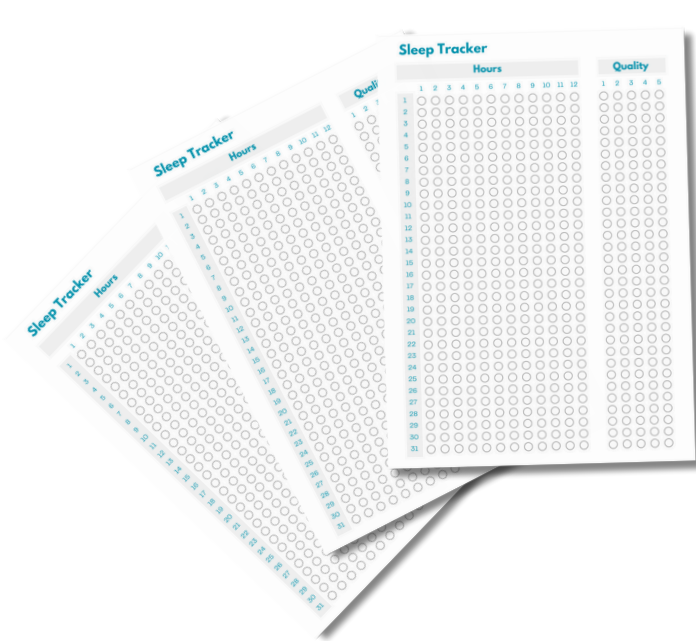
Sleep keeps stress hormones in check.
Lack of sleep = more stress, bad mood, and irritability.

Supports Metabolism & Weight

Poor sleep messes with hunger hormones, leading to cravings and weight gain. Quality sleep helps you maintain control.

Sleep How To Track

You can track sleep manually by jotting down your bedtime, wake time, total hours slept, and how rested you felt each morning. This can help raise awareness and build better habits.



Manual

Simple + Reflective



App

Data-Driven + Automated

Or, go digital with free apps like SleepScore, which automatically monitor your sleep stages, duration, and even sounds or movements.

Smartwatches and fitness trackers take it a step further by offering detailed sleep metrics, trends, and personalized tips.

Choose what works best for you — the real goal is to spot patterns, improve consistency, and wake up feeling better over time.

Our Recommendation: SleepScore



Stress

Why It Matters



Spot Patterns

Tracking helps you see what times, activities, or situations trigger stress, so you can manage or avoid them.

Protect Your Health

Chronic stress raises blood pressure and inflammation. Tracking reminds you to take breaks and practice stress relief before it affects your health.

Boost Productivity

Stress can kill focus. Tracking helps you notice when you're burning out, so you can recharge and stay effective.

Improve Sleep

Stress often disrupts rest. Identifying stressful patterns, especially at night, helps you build calming routines to sleep better.

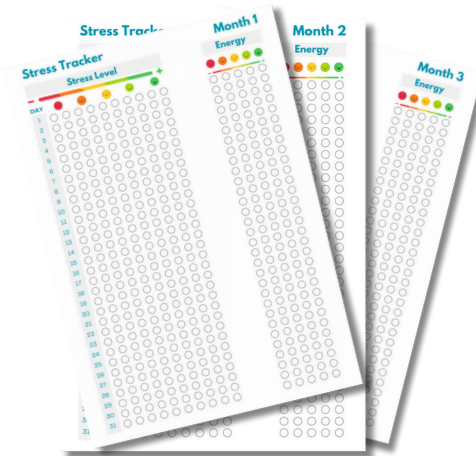
Build Resilience

Tracking shows your progress in managing stress, boosting confidence in your coping skills.

Enhance Relationships

Stress can impact how you interact with others. Recognizing how stress impacts you, helps you recognize it in others.

Stress How To Track



Stress can be tricky to track since we're less likely to log it in the moment. It's more practical to use a manual tool to record **stress** and **energy levels** at the end of the day.



You can also use apps to get insights on stress from heart rate and biofeedback, or simply pay attention to your body's signals — like increased heart rate, sweating, or tension. The goal is to **notice patterns**, not track every moment.

Our Recommendation: SleepScore



Weekly Challenge 1

Track & Triumph

Gold:

Track your sleep, steps, sustenance, and stress levels every day for 7 days. This could be a quick 1-10 rating, a journal note, or an app.

Silver:

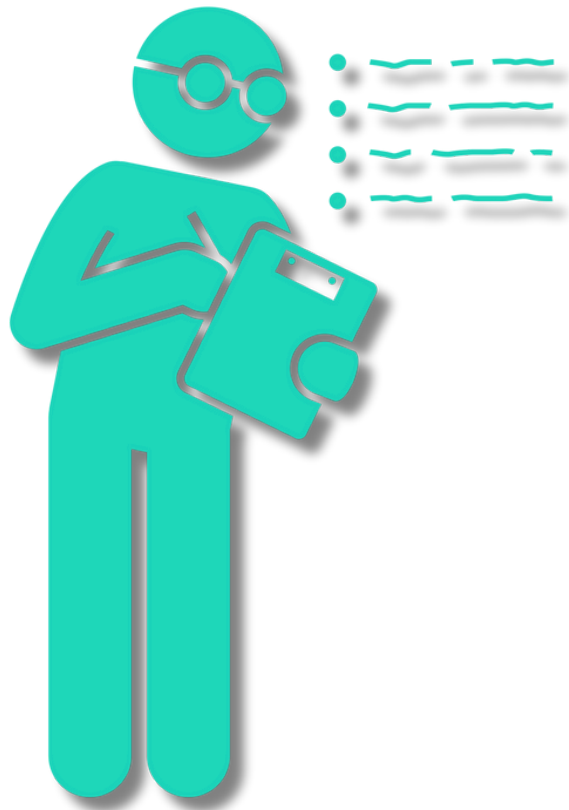
Track your sleep, steps, and food intake (sustenance) every day for 7 days.

Bronze:

Track your sleep and steps every day for 7 days. Use a notebook, app, or wearable.



Index



Diet Tracker

Month: _____

Week: _____

1	2	3	4
---	---	---	---

Sunday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Monday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Tuesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Wednesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Thursday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Friday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Saturday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Weight: _____

Daily Calories Goal: _____

Daily Protein Goal: _____

Daily Fat Goal: _____

Daily Carbs Goal: _____

How To Manually Calculate Macronutrients

Carbohydrates: 4 calories per gram

Protein: 4 calories per gram

Fat: 9 calories per gram

Diet Tracker

Month: _____

Week: _____

1

2

3

4

Sunday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Monday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Tuesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Wednesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Thursday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Friday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Saturday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Weight: _____

Daily Calories Goal: _____

Daily Protein Goal: _____

Daily Fat Goal: _____

Daily Carbs Goal: _____

How To Manually Calculate Macronutrients

Carbohydrates: 4 calories per gram

Protein: 4 calories per gram

Fat: 9 calories per gram

Diet Tracker

Month: _____

Week: _____

1

2

3

4

Sunday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Monday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Tuesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Wednesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Thursday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Friday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Saturday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Weight: _____

Daily Calories Goal: _____

Daily Protein Goal: _____

Daily Fat Goal: _____

Daily Carbs Goal: _____

How To Manually Calculate Macronutrients

Carbohydrates: 4 calories per gram

Protein: 4 calories per gram

Fat: 9 calories per gram

Diet Tracker

Month: _____

Week: _____

1

2

3

4

Sunday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Monday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Tuesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Wednesday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Thursday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Friday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Saturday

Breakfast: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner: _____			
Calories	Protein	Fat	Carbs
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Weight: _____

Daily Calories Goal: _____

Daily Protein Goal: _____

Daily Fat Goal: _____

Daily Carbs Goal: _____

How To Manually Calculate Macronutrients

Carbohydrates: 4 calories per gram

Protein: 4 calories per gram

Fat: 9 calories per gram

Sleep Tracker

Hours													Quality				
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step Tracker



DAYS	STEPS
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

DAYS	STEPS
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	

Stress Tracker

[illegible][illegible]