



# 28 DAY HABIT TRACKER

We are pumped to get super-focused on getting the basics happening everyday, as *much as possible* - and we've made it really easy to remember with our acronym **SFD WINS!**

## INSTRUCTIONS:

Simply use the planner on the following page to track your days with all the important stuff you need to help you get to your goal. **Trust us... this plan works!** Being super organised is how you will make it happen! Remember to get involved to get the support that will get you through!








## FOLLOW THE ACRONYM:

- S** Show up and shine - visit the group every day and shine your encouragement over others or pop a post up yourself, ask questions, get involved
- F** Fast days and non-fast days are under your TDEE (total daily energy expenditure)
- D** Drink your water - aim for 10 glasses a day
- W** Wine free weekdays (Monday to Thursday)...you'll thank us later!
- I** I moved my body for at least 20 minutes
- N** Next day is planned ahead, including food and movement
- S** Sleep for at least 8 hours








## ANSWER TWO QUESTIONS:

**01.** What's your goal?

**02.** What will be your reward at the end?

		SHOW UP & SHINE	FOOD	DRINK WATER	WINE FREE WEEKDAYS	I MOVED (20 MINS OR MORE)	NEXT DAY PLANNED	SLEEP (8HRS MINIMUM)
		<b>S</b> 	<b>F</b> 	<b>D</b> 	<b>W</b> 	<b>I</b> 	<b>N</b> 	<b>S</b> 
1	Day 1							
2	Day 2							
3	Day 3							
4	Day 4							
5	Day 5							
6	Day 6							
7	Day 7							
8	Day 8							
9	Day 9							
10	Day 10							
11	Day 11							
12	Day 12							
13	Day 13							
14	Day 14							

Simply tick off as you go!

		SHOW UP & SHINE	FOOD	DRINK WATER	WINE FREE WEEKDAYS	I MOVED (20 MINS OR MORE)	NEXT DAY PLANNED	SLEEP (8HRS MINIMUM)
		<b>S</b> 	<b>F</b> 	<b>D</b> 	<b>W</b> 	<b>I</b> 	<b>N</b> 	<b>S</b> 
15	Day 15							
16	Day 16							
17	Day 17							
18	Day 18							
19	Day 19							
20	Day 20							
21	Day 21							
22	Day 22							
23	Day 23							
24	Day 24							
25	Day 25							
26	Day 26							
27	Day 27							
28	Day 28							