

Printable Habit Tracker

HOW TO PRINT

When selecting your printer in Chrome, Safari, or your printer settings, DO NOT scale down these pages:

1. In Printer Settings click “Advance settings” or “More settings” if applicable
2. “Paper Size” is your default paper size in your printer, each printer is different, a common paper size is “Letter” or “8.5x11”
3. The “Scale” section of settings click on “Printable area”, “Paper size”, or “Fit” this will print each page without cutting it off

HOW TO FILL IN

With a fillable PDF, you are able to type in habits, check off points, and save it for the next day!

1. Download this PDF from your Chrome or Safari browser
2. Open the downloaded PDF in a PDF reader (like Adobe, for example)
3. Fill in your answers and remember to save it for the next day!

****Disclaimer:** make sure your PDF Reader is able to detect a fillable PDF, otherwise it will be a flat PDF and you will not be able to type in your habits.

Habit Tracker

_____ PRINTABLE _____

- HABIT 1 _____
- HABIT 2 _____
- HABIT 3 _____
- HABIT 4 _____
- HABIT 5 _____

**8-WEEK
CHALLENGE**
#FITBODY2023

FITBODY