

Consistency Checklist



Consistency is key...

This is a tool to help you keep track of your progress each day. Be consistent with your actions and the results will follow. A simple tick is all you need..

With the stress and love buckets, how do you feel out of 10? Literally a second – it's not a test! Be honest and write your score down. Reflect in your journal your three wins for the day.

Excited to see your progress.

	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	
Sleep (at least 7/8 hours)																													
Hydration (min 2.5 ltrs)																													
Nutrition (3/4 meals per day)																													
Exercise (3/4 times per week)																													
Self Love Bucket (score 1-10)																													
Stress Bucket (score 1-10)																													