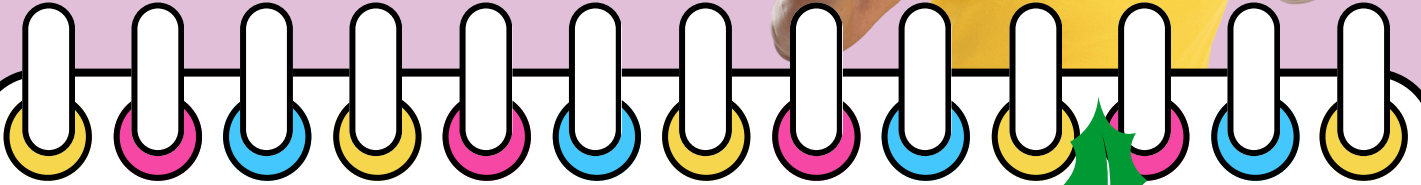


Mr M's Habit Tracker

Monitor your progress and stay on track today!

Don't forget for more inspiration....

visit MrMotivator.com



Day: 12th December 2024

Movement (minutes)



Movement is medicine - so get your body moving every day!

Whether it's a walk or stretch, staying active supports your overall health and well-being.

Water (glasses)



Hydration is essential for your body to function at its best! - drink 8 glasses a day!

Fruit & Veg



Aim for 5-a-day and fuel up with goodness! Visit Mr Motivator's club for tasty tips to boost your fruit and veg intake. Fresh, tinned or frozen - it all counts!

Sleep (hours)



Adults generally need 7-9 hours of sleep each night for peak health and performance, but remember, everyone's needs are a little different!

Mood



Notes

I am going to have a great day no matter what!

