

30-Day Weight-Loss Habit Tracker

A simple daily tracker to help you build consistent, healthy habits—one day at a time.

Created by Sammy

Name: _____

Start Date: _____

My 30-Day Goal: _____

How to Use This Tracker

The goal is not perfection. The goal is consistency. Each day, check off the habits you completed and use the notes area to reflect on what helped or got in the way.

Suggested daily habits

- Drink enough water
- Eat protein-rich meals
- Include vegetables or fruit
- Move your body
- Avoid unnecessary sugary drinks/snacking
- Get enough sleep
- Take a few minutes to plan tomorrow

Remember: This tracker is a habit-building tool, not a promise of a specific amount of weight loss. Sustainable progress can look different for everyone.

Days 1–5

Day	Water	Protein	Fruit/Veg	Movement	Sleep	Planned Eating	Mood	Notes
Day 1	■	■	■	■	■	■	—	_____
Day 2	■	■	■	■	■	■	—	_____
Day 3	■	■	■	■	■	■	—	_____
Day 4	■	■	■	■	■	■	—	_____
Day 5	■	■	■	■	■	■	—	_____

Day 1 reflection: What went well today? What can I improve tomorrow?

Day 2 reflection: What went well today? What can I improve tomorrow?

Day 3 reflection: What went well today? What can I improve tomorrow?

Day 4 reflection: What went well today? What can I improve tomorrow?

Day 5 reflection: What went well today? What can I improve tomorrow?

Days 6–10

Day	Water	Protein	Fruit/Veg	Movement	Sleep	Planned Eating	Mood	Notes
Day 6	■	■	■	■	■	■	—	_____
Day 7	■	■	■	■	■	■	—	_____
Day 8	■	■	■	■	■	■	—	_____
Day 9	■	■	■	■	■	■	—	_____
Day 10	■	■	■	■	■	■	—	_____

Day 6 reflection: What went well today? What can I improve tomorrow?

Day 7 reflection: What went well today? What can I improve tomorrow?

Day 8 reflection: What went well today? What can I improve tomorrow?

Day 9 reflection: What went well today? What can I improve tomorrow?

Day 10 reflection: What went well today? What can I improve tomorrow?

Days 11–15

Day	Water	Protein	Fruit/Veg	Movement	Sleep	Planned Eating	Mood	Notes
Day 11	■	■	■	■	■	■	—	_____
Day 12	■	■	■	■	■	■	—	_____
Day 13	■	■	■	■	■	■	—	_____
Day 14	■	■	■	■	■	■	—	_____
Day 15	■	■	■	■	■	■	—	_____

Day 11 reflection: What went well today? What can I improve tomorrow?

Day 12 reflection: What went well today? What can I improve tomorrow?

Day 13 reflection: What went well today? What can I improve tomorrow?

Day 14 reflection: What went well today? What can I improve tomorrow?

Day 15 reflection: What went well today? What can I improve tomorrow?

Days 16–20

Day	Water	Protein	Fruit/Veg	Movement	Sleep	Planned Eating	Mood	Notes
Day 16	■	■	■	■	■	■	—	_____
Day 17	■	■	■	■	■	■	—	_____
Day 18	■	■	■	■	■	■	—	_____
Day 19	■	■	■	■	■	■	—	_____
Day 20	■	■	■	■	■	■	—	_____

Day 16 reflection: What went well today? What can I improve tomorrow?

Day 17 reflection: What went well today? What can I improve tomorrow?

Day 18 reflection: What went well today? What can I improve tomorrow?

Day 19 reflection: What went well today? What can I improve tomorrow?

Day 20 reflection: What went well today? What can I improve tomorrow?

Days 21–25

Day	Water	Protein	Fruit/Veg	Movement	Sleep	Planned Eating	Mood	Notes
Day 21	■	■	■	■	■	■	—	_____
Day 22	■	■	■	■	■	■	—	_____
Day 23	■	■	■	■	■	■	—	_____
Day 24	■	■	■	■	■	■	—	_____
Day 25	■	■	■	■	■	■	—	_____

Day 21 reflection: What went well today? What can I improve tomorrow?

Day 22 reflection: What went well today? What can I improve tomorrow?

Day 23 reflection: What went well today? What can I improve tomorrow?

Day 24 reflection: What went well today? What can I improve tomorrow?

Day 25 reflection: What went well today? What can I improve tomorrow?

Days 26–30

Day	Water	Protein	Fruit/Veg	Movement	Sleep	Planned Eating	Mood	Notes
Day 26	■	■	■	■	■	■	—	_____
Day 27	■	■	■	■	■	■	—	_____
Day 28	■	■	■	■	■	■	—	_____
Day 29	■	■	■	■	■	■	—	_____
Day 30	■	■	■	■	■	■	—	_____

Day 26 reflection: What went well today? What can I improve tomorrow?

Day 27 reflection: What went well today? What can I improve tomorrow?

Day 28 reflection: What went well today? What can I improve tomorrow?

Day 29 reflection: What went well today? What can I improve tomorrow?

Day 30 reflection: What went well today? What can I improve tomorrow?

Week 1 Review

Days 1–7

1. My biggest win this week: _____
2. The habit I found easiest: _____
3. The habit I struggled with: _____
4. What triggered my best choices? _____
5. One thing I will change next week: _____
6. How consistent did I feel? ☐ Low ☐ Okay ☐ Good ☐ Excellent

Habit	Days Completed (0–7)
Water	_____ / 7
Protein	_____ / 7
Fruit/Veg	_____ / 7
Movement	_____ / 7
Sleep	_____ / 7
Planned Eating	_____ / 7

Week 2 Review

Days 8–14

1. My biggest win this week: _____
2. The habit I found easiest: _____
3. The habit I struggled with: _____
4. What triggered my best choices? _____
5. One thing I will change next week: _____
6. How consistent did I feel? ☐ Low ☐ Okay ☐ Good ☐ Excellent

Habit	Days Completed (0–7)
Water	_____ / 7
Protein	_____ / 7
Fruit/Veg	_____ / 7
Movement	_____ / 7
Sleep	_____ / 7
Planned Eating	_____ / 7

Week 3 Review

Days 15–21

1. My biggest win this week: _____
2. The habit I found easiest: _____
3. The habit I struggled with: _____
4. What triggered my best choices? _____
5. One thing I will change next week: _____
6. How consistent did I feel? ☐ Low ☐ Okay ☐ Good ☐ Excellent

Habit	Days Completed (0–7)
Water	_____ / 7
Protein	_____ / 7
Fruit/Veg	_____ / 7
Movement	_____ / 7
Sleep	_____ / 7
Planned Eating	_____ / 7

Week 4 Review

Days 22–28

1. My biggest win this week: _____
2. The habit I found easiest: _____
3. The habit I struggled with: _____
4. What triggered my best choices? _____
5. One thing I will change next week: _____
6. How consistent did I feel? ☐ Low ☐ Okay ☐ Good ☐ Excellent

Habit	Days Completed (0–7)
Water	_____ / 7
Protein	_____ / 7
Fruit/Veg	_____ / 7
Movement	_____ / 7
Sleep	_____ / 7
Planned Eating	_____ / 7

30-Day Reflection

Congratulations on completing your 30-day tracking journey!

Look back at your tracker and celebrate the habits you practiced consistently. Progress is built through repeated actions, not one perfect day.

My biggest lesson from these 30 days: _____

The habit I want to continue: _____

The habit I want to improve: _____

My next 30-day goal: _____

A Note From Sammy

Keep going. You don't need to change everything at once. Focus on the next healthy choice, then repeat it. Small habits, practiced consistently, can create meaningful change over time.