

30 DAY SLAY TRACKER

YEAR: MONTH:

THE HABIT:

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
1	8 Hours Sleep																																	
2	No drugs, alcohol or smoking																																	
3	2 litres of water daily																																	
4	Exercise 30 mins (Minimum)																																	
5	Eat 120g of protein (Minimum)																																	
6	Hit a calorie goal																																	
7	Track body composition																																	
8	Take a progress photo																																	