

Weekly Progress Tracker

By Back To Nature Fitness

Week 1

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score
Intermittent Fasting								/7
Protein Intake								/7
Cold Showers								/7
Mindful Eating								/7
Drinking More Water								/7
Nature Exposure								/7
Sleep Quality								/7

Total Score: / 49

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Week 2

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score
Intermittent Fasting								/7
Protein Intake								/7
Cold Showers								/7
Mindful Eating								/7
Drinking More Water								/7
Nature Exposure								/7
Sleep Quality								/7

Total Score: / 49

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Week 3

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score
Intermittent Fasting								/7
Protein Intake								/7
Cold Showers								/7
Mindful Eating								/7
Drinking More Water								/7
Nature Exposure								/7
Sleep Quality								/7

Total Score: / 49

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Week 4

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score
Intermittent Fasting								/7
Protein Intake								/7
Cold Showers								/7
Mindful Eating								/7
Drinking More Water								/7
Nature Exposure								/7
Sleep Quality								/7

Total Score: / 49

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Week 5

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score
Intermittent Fasting								/7
Protein Intake								/7
Cold Showers								/7
Mindful Eating								/7
Drinking More Water								/7
Nature Exposure								/7
Sleep Quality								/7

Total Score: / 49

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Week 6

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score
Intermittent Fasting								/7
Protein Intake								/7
Cold Showers								/7
Mindful Eating								/7
Drinking More Water								/7
Nature Exposure								/7
Sleep Quality								/7

Total Score: / 49