

# Consistency Tracker

Only focus on 1-3 action steps at a time.

Mark each day you complete the task.

Aim to be 80% consistent for the month.

**REAL. SIMPLE. FITNESS.**  
GROUP FITNESS - PERSONAL TRAINING - HEALTH COACHING

Month: \_\_\_\_\_

Daily Action/Task	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	%	

**Notes/Thoughts/Insights:**