

MOMENTUM90

The 90-Day Habit & Fitness Tracker

Printable Companion Pack

30-day habit grids • workout log • weekly review • measurement card

Habit Grid — Days 1 to 30

Write habits across the top. Mark an X for every habit you complete each day.

DAY											
Day 1											
Day 2											
Day 3											
Day 4											
Day 5											
Day 6											
Day 7											
Day 8											
Day 9											
Day 10											
Day 11											
Day 12											
Day 13											
Day 14											
Day 15											
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Day 21											
Day 22											
Day 23											
Day 24											
Day 25											
Day 26											
Day 27											
Day 28											
Day 29											
Day 30											

Habit Grid — Days 31 to 60

Write habits across the top. Mark an X for every habit you complete each day.

DAY

Day 31										
Day 32										
Day 33										
Day 34										
Day 35										
Day 36										
Day 37										
Day 38										
Day 39										
Day 40										
Day 41										
Day 42										
Day 43										
Day 44										
Day 45										
Day 46										
Day 47										
Day 48										
Day 49										
Day 50										
Day 51										
Day 52										
Day 53										
Day 54										
Day 55										
Day 56										
Day 57										
Day 58										
Day 59										
Day 60										

Habit Grid — Days 61 to 90

Write habits across the top. Mark an X for every habit you complete each day.

DAY

Day 61										
Day 62										
Day 63										
Day 64										
Day 65										
Day 66										
Day 67										
Day 68										
Day 69										
Day 70										
Day 71										
Day 72										
Day 73										
Day 74										
Day 75										
Day 76										
Day 77										
Day 78										
Day 79										
Day 80										
Day 81										
Day 82										
Day 83										
Day 84										
Day 85										
Day 86										
Day 87										
Day 88										
Day 89										
Day 90										

Workout Log

One row per exercise. Volume = sets $\times$ reps $\times$ weight.

Weekly Review

Five minutes every Sunday. Honest answers only.

Week # _____ Completion this week: _____ %

What worked this week?

What got in the way?

The ONE change I'll make next week:

Wins worth remembering:

Measurement Card

Same time, same conditions. Every 2 weeks is plenty.

	CHECK-IN 1	CHECK-IN 2	CHECK-IN 3	CHECK-IN 4	CHECK-IN 5	CHECK-IN 6	CHECK-IN 7
Date							
Weight							
Body fat %							
Waist							
Chest							
Hips							
Arms							
Thighs							
Resting HR							
Sleep avg (h)							