

# CONSCIOUSLY NUTRITIOUS

## HABIT TRACKER BASIC

You can also use this to plan out your meals, workouts, and keep track of yourself. Use this to write in your meals and then cross the box off as you go to make it a two in one process. Make it work for you!

The green smoothie can happen at different times depending on when you work out, or what fits your schedule. Be sure to adhere to the windows between meals whenever you do have your smoothie. The 12-14 hour restoration window happens as you sleep. Because of this we put the checkbox at the top because you will have completed it just before you have your morning ACV cleanser. Lastly, make sure to take your vitamins including: multivitamin and the probiotic every day according to what the label says... these will not be on the habit tracker.



	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
12-14 hour window							
ACV							
30 Minutes							
Breakfast							
4-6 Hours							
Lunch							
4-6 Hours							
Dinner							
<i>Fit into your day and adhere to time breaks</i>							
Workout							
Post Workout Smoothie							