

# Printable Health Tracker

Author: Stephen Choo Quan

Book: *The Movement, Nutrition and Sleep Blueprint*

Habit	Daily Goal	Completed? (✓)
Sleep early, wake early	In bed by ____, up at ____	
Consistent wake-up time	Same time daily	
Water intake	48–64 oz	
Fasted walk / more walking	Morning + 6k-10k steps	
Breakfast on time	Before ____ AM	
Timed meals	Lunch: ____ PM, Dinner: ____ PM	
Nutrition from superfoods	Add greens, berries, seeds, etc.	
Minimize simple sugar	Avoid soda, pastries, added sugars.	
90-min work breaks	Stretch, walk, breathe	
Daily workout + water + breathing	Move + hydrate + deep breath	
Cardio (2x/week)	Mark days: ____ & ____	
Strength training (3x/week)	Mark days: ____, ____, ____	
Sunday evening goal setting	Set & write 3 goals	