



2 Week Healthy Habit Challenge — Success Tracker

Life can get hectic, and sometimes we forget to check in with ourselves. This 2 Week Healthy Habit Challenge 1-page Tracker helps you to hit pause, reflect on your progress, and stay motivated! 🍌 Each day, take a moment to jot down how you're feeling and track your success.


By the end of 2 weeks, I'm excited to advance toward: (circle all benefits that resonate)




Optimal Weight




Increased Energy




Better Sleep




Improved Mood




Athletic Boost



Disease Prevention



Longevity



Radiance

My Top Goal:


Your Daily Success Log

Challenge Start Date:


Challenge End Date:

Day	LeafSide Meal(s) Enjoyed Today	How Do You Feel?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		


Pro Tips for Success:



Jump Your Awareness: Set an alarm on your phone to remind you to pause and check in with yourself. Not just physically, but mentally and emotionally. Your journey is about more than just meals; it's about how you're transforming.




Celebrate ALL Progress: Whether it's a boost in energy or sticking to healthy food, every win counts.



Stay Consistent: The more consistent you are with your meals and tracking, the closer you'll get to your health goals. Consistency creates results!


SCAN ME



Unlock LeafSide's Healthy Habits Guide

Discover practical tips and tools to keep you motivated and on track, even after your challenge ends!

Or visit: www.goleafside.com/healthy-habits



We're here to cheer you on! Share your progress with us at team@goleafside.com or text/call 1-520-502-4743.