

# MONTHS 2-12 - PHYSICAL HEALTH PROGRESS TRACKER

Name: \_\_\_\_\_ Month 2 Start Date: \_\_\_\_\_ Complete one row at the end of each month. Track progress - not perfection.

| Month | Primary Focus            | Movement<br>Avg. Min/Wk | Strength<br>Days/Wk | Sleep<br>1-5 | Nutrition / Water<br>1-5 | Energy<br>1-5 | Health Follow-Up / Biggest Win / Notes |
|-------|--------------------------|-------------------------|---------------------|--------------|--------------------------|---------------|----------------------------------------|
| 2     | Build consistency        | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 3     | Reach 90 days            | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 4     | Add strength             | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 5     | Improve endurance        | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 6     | Review 180 days          | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 7     | Try a group activity     | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 8     | Plan active recreation   | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 9     | Reach 270 days           | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 10    | Make routine sustainable | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 11    | Plan for year two        | _____                   | _____               | ___          | ___                      | ___           |                                        |
| 12    | Celebrate 365 days       | _____                   | _____               | ___          | ___                      | ___           |                                        |

**MILESTONE FOCUS: 90 DAYS: Consistency first. 180 DAYS: Build strength and endurance. 270 DAYS: Expand your sober life. 365 DAYS: Make healthy habits sustainable.**

**My biggest physical-health improvement this year:**

**One healthy goal for year two:** \_\_\_\_\_

**SAFETY:** Increase activity gradually. Stop and seek medical care for chest pain, fainting, severe shortness of breath, or other concerning symptoms.