

30-Day Fitness Habit Tracker

Turn Your Fitness Goals Into Habits That Stick

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How to Use This Tracker

1. Choose one tiny habit (5–10 min walk, stretch, or quick workout). 2. Anchor it to a cue (after coffee, after dinner, etc.). 3. Write 2 If-Then backup plans for common obstacles. 4. Mark a check ■ each day you complete your habit. 5. Never miss twice — if you skip once, restart tomorrow.

■ **Consistency beats intensity. Small steps create lifelong habits.**

My 30-Day Habit Calendar

My Habit: _____

My Cue: _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes / Adjustments: _____

Plan for Obstacles Before They Happen

Write your backup plans below so you never skip.

If _____, then I will _____.

If _____, then I will _____.

Example: If it rains → I'll do my living-room bodyweight workout.

Review Your 30 Days

■ How many days did I complete my habit? _____

■ What worked best for me? _____

■ What obstacles came up? _____

■ My reward for completing this tracker is: _____

■ I am the kind of person who shows up for myself.

Congratulations

You've built your first fitness habit.

Now let's keep the momentum going.

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