

# Consistency Checklist



Consistency is key...

This is a tool to help you keep track of your progress each day. Be consistent with your actions and the results will follow. A simple tick is all you need..

With the stress and love buckets, how do you feel out of 10? Literally a second – it's not a test! Be honest and write your score down. Reflect in your journal your three wins for the day.

Excited to see your progress.

	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
<b>Sleep</b> (at least 7/8 hours)																												
<b>Hydration</b> (min 2.5 ltrs)																												
<b>Nutrition</b> (3/4 meals per day)																												
<b>Exercise</b> (3/4 times per week)																												
<b>Self Love Bucket</b> (score 1-10)																												
<b>Stress Bucket</b> (score 1-10)																												