Wellness Within
By Luisana

Accountability
TRACKER

Commit to just 4-5 simple daily habits for the next 30 days, and watch your body (and confidence) transform.

30-Day Consistency Challenge:

For the next 30 days, I want you to commit to 4 daily habits that you know will move you closer to your goals. These habits should challenge you, push you outside your comfort zone, and help you level up both physically and mentally.

Think of this as your 30-Day challenge, a chance to push yourself, take control of your nutrition, and prove what you're capable of.

Here are the habits I'm committing to for the next 30 days:

- Eat out only once per week
- Get in 3 workouts per week
- Walk every single day
- No alcohol
- Follow a high-quality, anti-inflammatory diet (lean protein, complex carbs, healthy fats) and track my meals so I know I'm fueling properly

Your habits don't have to look exactly like mine, they should be specific to your goals. The key is to choose 4–5 meaningful habits and stick to them consistently for the next 30 days.

Check off as you go. Celebrate your progress at the end. And if you need help picking the right habits or setting your goals, feel free to reach out.

Excited to see what you will accomplish,

Let's do this!

Coach Luisana

HABIT TRACKER (EXAMPLE)

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Habit:

1) Track my meals daily

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Habit:

2) Walk for at least 20 mins every day

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Habit:

3) 3 workouts per week

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Habit:

4) Eat 3 meals per day, high quality foods

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Notes:

HABIT TRACKER

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Habit:

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Habit:

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
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Habit:

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
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Habit:

01	02	03	04	05	06	07	08	09	10
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Notes:

How To Set Yourself Up For Success:

- **Prep your environment, not just your food**

Keep healthy snacks (Greek yogurt, fruit, pre-cut veggies, rice cakes, boiled eggs) ready to grab. Remove temptations from your kitchen so willpower isn't your only strategy.

- **Schedule habits like appointments**

Block your workouts, walks, and even meal prep into your calendar the same way you'd book a meeting. When it's scheduled, it's real, and way less likely to get skipped.

- **Track progress using your habit tracker**

Do not forget to check off each habit daily. The visual progress will keep you motivated when motivation fades. Also, it's only 30 days - we can all commit to something for 30 days.

- **Plan for the "messy middle"**

Expect days where you're tired, busy, or tempted to quit. Think ahead of time: "What's my backup plan?" (like a 15-min home workout instead of the gym, ordering a healthier takeout instead of fast food). Small wins on hard days build the most consistency.

Give yourself grace, but do not give up.

Always rooting for you!

Interested In Working With Me?

Book a call, completely free.

We'll talk about your goals, identify what's been holding you back, break down the confusion around nutrition, and map out a plan based on what your body actually needs.

Click To Book Your Call Now
Or Scan The QR Code:





Thank You

My mission is to give you the tools and knowledge you need to create a healthy lifestyle that feels natural, sustainable, and most importantly enjoyable.

Lasting change isn't about quick fixes or perfection. It's about consistency, patience, and adaptability. Some days will feel easy, others will feel like a struggle, but progress is never linear. What truly matters is that you keep showing up and moving forward.

Keep learning, stay committed, and enjoy the journey to a healthier, stronger, and more confident version of yourself. If you need any help, just reach out!

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