

# MY **7** STRONG TRACKING STEET

NAME \_\_\_\_\_

# 7 HABITS TO MAKE YOU STRONGER

	Date	Read something rooted in truth.	Spend 5 minutes in silence, prayer, or meditation.	Be around people who want what's best for you.	Eat Healthy foods.	Sleep 7-8 hours.	Exercise for 30 minutes.	Get outside for 30 minutes.
1	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ORDINARY

ORDINARY HABITS • EXTRAORDINARY IMPACT

© 2024 7-STRONG.ORG

**HABIT #1** Read Something rooted in truth.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

**HABIT #2** Spend 5 minutes in silence, prayer, or meditation.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

**HABIT #3** Be around people who want what's best for you.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

**HABIT #4** Eat Healthy foods.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

**HABIT #5** Sleep 7-8 hours.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

**HABIT #6** Exercise for 30 minutes.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

**HABIT #7** Get outside for 30 minutes.

S M T W T F S

○ ○ ○ ○ ○ ○ ○ ○

What I liked about this week:

What I will change for next week:

MY TRACKING SHEET  
NAME \_\_\_\_\_



HABIT: \_\_\_\_\_

DATE	WHAT I DID	HOW I FELT

# MY TRACKING SHEET

NAME \_\_\_\_\_



## HABIT: SLEEP 7-8 HOURS.

DATE	HOURS OF SLEEP										ENERGY				
	1	2	3	4	5	6	7	8	9	10					
MAY 3	████	████	████	████	████	████	████	████			↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑
											↑	↑	↑	↑	↑

ORDINARY

ORDINARY HABITS • EXTRAORDINARY IMPACT

© 2024 7-STRONG.ORG

# MY TRACKING SHEET

NAME \_\_\_\_\_



## HABIT: READ SOMETHING ROOTED IN TRUTH.

DATE	WHAT I READ	HOW I RATE IT
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		