










# Lean30<sup>®</sup> | Daily Tracker







**SHOOT FOR 80% SUCCESS** check 144 of 180 boxes

DATE	DAY							 Hours of Sleep
	01							
	02							
	03							
	04							
	05							
	06							
	07							
	08							
	09							
	10							
	11							
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	27							
	28							
	29							
	30							



# Lean30 | Daily Tracker

## DAILY WINS

-  **NUTRITION:** Ate balanced meals/snacks, controlled portions, and avoided fried foods, refined carbs, sugar, etc.
-  **MOVEMENT:** Did at least 30 minutes of movement/fitness
  - **Goal:** 3+ active days per week (resistance training, walks, classes, yoga, YouTube workouts, etc.)
  - **Step goal:** 8,000–10,000 steps, 3+ days per week
-  **WATER:** Met water goal (your body weight ÷ 2 = no. of ounces)
-  **BEVERAGES:** Drank IDLife products; avoided alcohol, sugary drinks, etc.
-  **POSITIVE ACTION:** Read or listened to something positive, and/or did an act of kindness
-  **IDLIFE:** Took IDLife Products: Essential Vitamins, IDLife Protein Smoothie 1x per day (with LOAD), & Lean before dinner



### MORNING

- Drank IDLife Energy
- Healthy Breakfast
- **Option:** IDLife PROTEIN Smoothie (counts as your 1 daily meal replacement)



### AFTERNOON

- Healthy Lunch
- If you did not have your PROTEIN Smoothie in the morning, you can have it here (at least one per day)
- **Optional snack:** IDLife PROTEIN Shake



### EVENING

- Took 4 Lean before dinner
- Healthy dinner
- Took Essentials Vitamins (PM)



## RECORD YOUR HOURS OF SLEEP EACH NIGHT

## MEASUREMENTS

DAY 1

DAY 15

DAY 30

WEIGHT

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WAIST

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CHEST

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HIPS

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ARMS

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THIGHS

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ENERGY (1-10)

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POSITIVE MOOD (1-10)

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