

DAILY ***HABIT TRACKER***

Strong habits off the mat are just as important. Use this log to track your consistency in nutrition, sleep, hydration, and recovery.

Day	Sleep (hrs)	Water Intake	Stretching	Energy Level (1-5)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

THIS SELF-AWARENESS HELPS BUILD SELF-DISCIPLINE—KEY TO LONG-TERM SUCCESS IN WRESTLING AND LIFE.