
HEALTHY HABITS CHECKLIST

ELLIOT
HUTCHINSON
COACHING

HOW TO GET STARTED

THEY SAY IT TAKES 21 DAYS TO CHANGE OR FULLY IMPLEMENT A NEW HEALTHY HABIT.
LET'S PUT THAT TO THE TEST...

ON THE NEXT PAGE YOU'LL FIND 7 HEALTH PROMOTING HABITS, WHICH WE ALL SHOULD BE AWARE OF,
DAY TO DAY. THIS TRACKING SHEET WILL HELP YOU GET A GOOD HANDFUL OF THESE HABITS ENGRAINED
INTO YOUR EVERYDAY LIFE.

YOU SHOULD AIM TO TICK A MINIMUM OF 4 BOXES EVERYDAY!

REMEMBER, YOU SHOULDN'T BE DOING RESISTANCE TRAINING EVERY DAY. REST DAYS ARE JUST AS
IMPORTANT TO ALLOW YOUR MUSCLES TO RECOVER. I RECOMMEND YOU DO RESISTANCE TRAINING 2-4
TIMES PER WEEK. ON OTHER DAYS YOU CAN STAY ACTIVE.
I HOPE IT HELPS!



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YOU READY?
LET'S DO IT!

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[illegible]

DEFINITIONS

RESISTANCE TRAINING: ANY WEIGHT TRAINING OR EXERCISE DESIGNED TO PUT YOUR MUSCLES UNDER TENSION WITH THE AIM OF IMPROVING MUSCLE STRENGTH, SIZE OR FUNCTION.

PLANNED ACTIVITY/CARDIO: WALKING, RUNNING, CYCLING, DANCING. IF IT GETS YOU MOVING IT COUNTS. EVEN BETTER IF IT RAISES YOUR HEART RATE AND CHALLENGES YOUR FITNESS!

MOBILITY: JOINT OR MUSCLE MOBILITY IS OFTEN FORGOTTEN, ADD IN SOME PILATES, YOGA, MASSAGE OR JOINT WORK WEEKLY AND THANK ME LATER!

PROTEIN: SOMEWHERE BETWEEN 1.6-2.2g PER KG YOU WEIGH IS GREAT EACH DAY. IF YOU'RE VERY ACTIVE, AIM MORE FOR THE TOP END (2.2g/KG).

STEPS: 5,000 SHOULD BE YOUR MINIMUM, BUT IF YOU WANT A CHALLENGE AIM FOR 15,000+ DAILY.

WATER: ON ACTIVE DAYS, WARMER WEATHER OR JUST FOR A CHALLENGE, YOU SHOULD AIM FOR 2.5L+ DAILY. OTHERWISE, HITTING 1.5L SHOULD BE ENOUGH.