



# CINCH YOUR LIFE

## *Habit Tracker*

Your 30-day personal planner and habit tracker to Cinch your life!  
Includes lifestyle goal setter, intermittent fasting planner,  
food, fruit, vegetable and water journal, exercise journal and planner,  
gratitude, affirmations, weight and body measurements tracker.



# body Measurement



## WEEK 1

DATE:

NECK:

1

CHEST:

2

LEFT ARM:

3

RIGHT ARM:

4

WAIST:

5

HIPS:

6

LEFT THIGH:

7

RIGHT THIGH:

8

LEFT CALF:

9

RIGHT CALF:

10

WEIGHT:

## WEEK 4

DATE:

NECK:

1

CHEST:

2

LEFT ARM:

3

RIGHT ARM:

4

WAIST:

5

HIPS:

6

LEFT THIGH:

7

RIGHT THIGH:

8

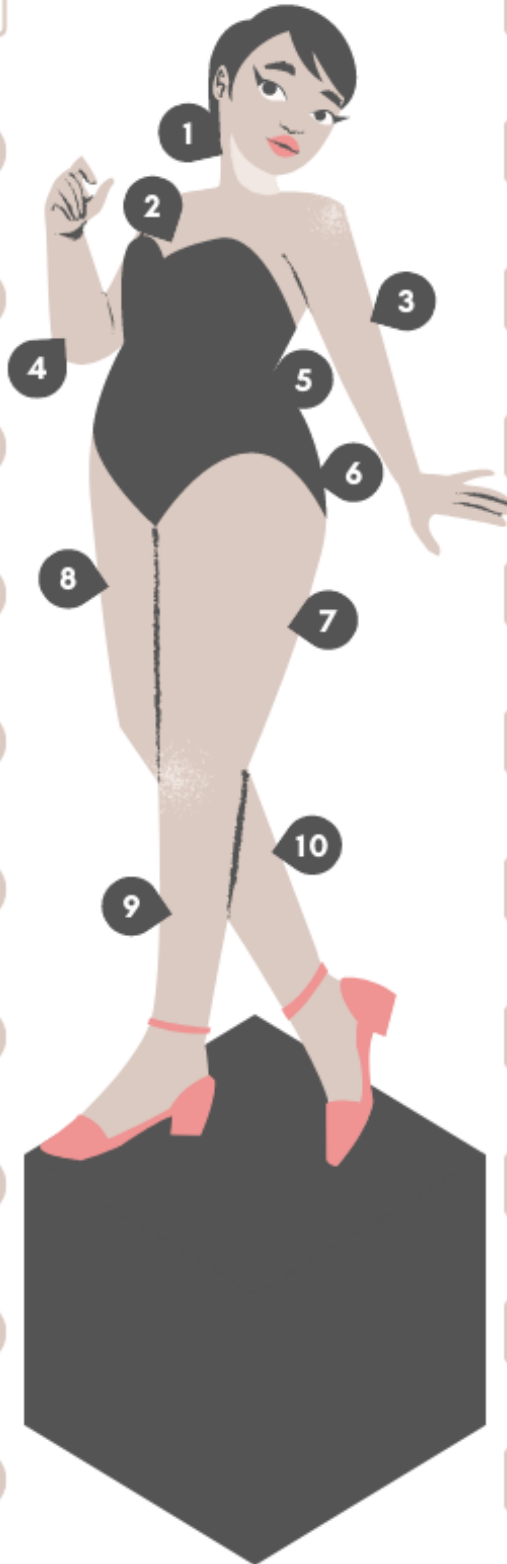
LEFT CALF:

9

RIGHT CALF:

10

WEIGHT:



# CINCH FAST 30 DAY window planner



The below is your 30 day IF challenge and daily guide for what you should be trying to achieve with regards to your fasting window. You might want to consider beginning your journey with an eight or a ten hour eating window with the goal of reducing it to find your own sweet spot by week 4. Use the key to remind yourself what the numbers refer to, it can be a little confusing at the start, but you will get used to it!

IF Schedule	Fasting	Eating
14:10	14	10
16:8	16	8
18:6	18	6
19:5	19	5

The beauty of IF is that the eating window time-frames you choose is completely up to you. You are in control. So, if you are for example doing the 16:8 schedule, and you find you are hungrier in the mornings, you can open your window at say 10am and shut it again at 6pm!  
At the end of each day fill in this table to keep track of your windows.

	DAY	DAY	DAY	DAY	DAY	DAY	DAY
Open	14:10 1	2	3	4	5	6	7
	Shut						
Open	8	9	10	11	12	13	14
	Shut						
Open	15	16	17	18	19	20	21
	Shut						
Open	22	23	24	25	26	27	28
	Shut						
	29	30					

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Month :  
Year :

# Movement *Planner*

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

31	<p><i>Notes :</i> .....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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# Love & forgiveness

## Journal

Month :

Year :

































































































































List 3 people each day to send love & forgiveness to...

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
31	<i>Notes :</i> ..... ..... ..... ..... .....			



# WEEKLY FOOD Journal

WEEK OF: \_\_\_\_\_

	MENU PLANNER	FRUIT & VEG	TEA / COFFEE	WATER INTAKE
Monday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Tuesday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Wednesday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Thursday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Friday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Saturday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Sunday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    



# WEEKLY

# Meal Planner

WEEK 1.

DATE:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 1.  
DATE:

# GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

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NOTES :





WEEK 1.  
DATE:

# AFFIRMATIONS

## MONDAY

I AM....(STRONG, CALM ETC) \_\_\_\_\_

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NOTES :



# DAILY *To-do list*

WEEK 1.

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NOTES :





# WEEKLY

WEEK 2.

DATE:

# Meal Planner

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 2.

DATE:

# GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

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WEEK 2.  
DATE:

# AFFIRMATIONS

## MONDAY

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WEEK 2.

DATE:

# DAILY *To-do list*

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NOTES :





# WEEKLY

WEEK 3.

DATE:

# Meal Planner

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 3.  
DATE:

# GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

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NOTES :





WEEK 3.

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# AFFIRMATIONS

## MONDAY

I AM....(STRONG, CALM ETC) \_\_\_\_\_

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WEEK 3.

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# DAILY To-do list

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NOTES :





# WEEKLY

# Meal Planner

WEEK 4.

DATE:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 4.

DATE:

# GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

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NOTES :



WEEK 4.

DATE:

# AFFIRMATIONS

## MONDAY

I AM....(STRONG, CALM ETC) \_\_\_\_\_

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NOTES :



# DAILY To-do list

WEEK 4.

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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## SUNDAY

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NOTES :



# W E E K L Y H A B I T

## Tracker



WEEK 1.

DATE:

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							

# WEEKLY HABIT Tracker



WEEK 2.

DATE: \_\_\_\_\_

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							



# WEEKLY HABIT Tracker



WEEK 3.

DATE: \_\_\_\_\_

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							

# W E E K L Y H A B I T

## Tracker



WEEK 4.

DATE:

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							



# THANK YOU

We hope you have enjoyed this tracker.  
Print it each month as you aim to stay on track!  
Visit [www.cinchfast30.com](http://www.cinchfast30.com) for our  
30-day Intermittent Fasting Challenge.

