



Welcome to Your Weekly Habit Planner

Congratulations on taking steps toward a healthier and happier you! This planner is designed to help you stay organized, track your habits, and maintain your progress after bariatric surgery. Let's make 2025 your year of transformation!

How to Use This Planner

1. Set weekly goals for nutrition, hydration, activity, and self-care.
2. Track your daily habits using the checklist provided.
3. Reflect on your achievements and plan improvements each week.
4. Celebrate small victories and stay consistent!

"Small steps lead to big changes."

Weekly Overview

Goals for the Week

- **Nutrition Goal:**
(Example: Eat 60-80g of protein daily — equivalent to the recommended post-surgery protein intake for optimal healing and energy)
- **Hydration Goal:**
(Example: Drink at least 64oz of water daily — dehydration occurs in up to 50% of bariatric patients)
- **Activity Goal:**
(Example: Walk for 30 minutes, 5 times this week — walking helps prevent blood clots and boosts recovery)
- **Self-Care Goal:**
(Example: Practice mindfulness for 10 minutes daily — managing stress improves overall health and weight management)

"Focus on progress, not perfection."

Weekly Habit Planner 2025



Daily Habit Trackers by Week

Week 1: Daily Habit Tracker

Day	Protein Intake	Hydration (64oz)	Exercise Completed	Vitamins Taken	Mindful Minutes	Success Rate (%)	Issues
Monday							Skipped exercise
Tuesday							Missed protein intake
Wednesday							Forgot vitamins
Thursday							Inconsistent hydration
Friday							Missed mindfulness
Saturday							practice
Sunday							

Notes:

Weekly Habit Planner 2025



Daily Habit Trackers by Week

Week 2: Daily Habit Tracker

Day	Protein Intake	Hydration (64oz)	Exercise Completed	Vitamins Taken	Mindful Minutes	Success Rate (%)	Issues
Monday							Missed hydration goals
Tuesday							Skipped mindfulness practice
Wednesday							Missed exercise
Thursday							Protein intake below target
Friday							Inconsistent vitamin intake
Saturday							
Sunday							

Notes:

Weekly Habit Planner 2025



Daily Habit Trackers by Week

Week 3: Daily Habit Tracker

Day	Protein Intake	Hydration (64oz)	Exercise Completed	Vitamins Taken	Mindful Minutes	Success Rate (%)	Issues
Monday							Missed protein intake
Tuesday							Skipped hydration goals
Wednesday							Inconsistent mindfulness practice
Thursday							Missed exercise
Friday							Vitamin intake below target
Saturday							
Sunday							

Notes:

Weekly Habit Planner 2025



Daily Habit Trackers by Week

Week 4: Daily Habit Tracker

Day	Protein Intake	Hydration (64oz)	Exercise Completed	Vitamins Taken	Mindful Minutes	Success Rate (%)	Issues
Monday							Missed mindfulness practice
Tuesday							Skipped protein intake
Wednesday							Missed exercise
Thursday							Inconsistent hydration
Friday							Vitamin intake not completed
Saturday							
Sunday							

Notes:



Common Challenges and Solutions

Challenge	Reason	Solution
Missing Protein Goals	Lack of meal prep or protein snacks	Pre-plan meals and keep high-protein snacks handy.
Dehydration	Forgetting to drink water regularly	Use a timer or app to set hydration reminders.
Skipping Exercise	Lack of time or motivation	Break activity into smaller 10-minute segments.
Forgetting Vitamins	Not part of routine	Use a pill organizer or set daily alarms.
Inconsistent Mindfulness Practices	Overlooked importance of mental health	Schedule mindfulness as a "non-negotiable" activity.

Tips for Success

- **Plan your meals:**
(Fact: Patients who plan meals are 30% more likely to meet their nutritional goals.)
- **Stay hydrated:**
(Tip: Carry a water bottle and set hourly reminders to drink.)
- **Be active:**
(Fact: Just 30 minutes of daily exercise can improve weight loss results by 20%.)
- **Take your vitamins:**
(Tip: Use a pill organizer to ensure consistency.)
- **Track your progress:**
(Fact: Tracking habits increases the likelihood of long-term success by 40%.)

Weekly Habit Planner 2025



Weekly Success Stats

Metric	Week 1	Week 2	Week 3	Week 4
Protein Intake Goal (%)	75%	80%	85%	90%
Hydration Goal (%)	60%	65%	70%	75%
Exercise Goal (%)	50%	60%	70%	80%
Vitamins Taken (%)	90%	92%	94%	95%
Mindfulness Minutes (%)	40%	50%	60%	70%

"Track your progress to see how far you've come "