



*Nicole Zapoli's*

# SHIFTS: HABIT TRACKER



©2025 NICOLE ZAPOLI | NICOLEZAPOLI.COM

<https://us012.s3.amazonaws.com/826113995/pwd=bd73>



“Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.”

- Gandhi

©2025 NICOLE ZAPOLI | NICOLEZAPOLI.COM



# WEEK 1: 2 HABITS

SLEEP    HYDRATION

M  
T  
W  
T  
F  
S  
S

|                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> |

Week 1 is all about starting simple with 2 habits.

For sleep focus on at least six hours or more hours of quality sleep per night.

For hydration focus on drinking 50% of your bodyweight in lbs in oz of water daily at a minimum.



## WEEK 2: 2 HABITS

SLEEP    HYDRATION

M

T

W

T

F

S

S

Week 2 continues to solidify your first two habits.

**For Sleep Focus On:** Creating a consistent bedtime routine while maintaining the 6+ hours of sleep.

**For Hydration Focus On:** Increasing daily intake by 5-10% up to 80% of your bodyweight in lbs.



## WEEK 3: 2 HABITS

SLEEP

HYDRATION

M

T

W

T

F

S

S

Week 3 continues to solidify your first two habits.



## WEEK 4: 3 HABITS

SLEEP    HYDRATION    INTAKE

|   |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| W | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Week 4 adds your third habit, intake.

**For Intake Focus On:** Getting 1 to 1.5x grams per pound of bodyweight in protein daily, spread throughout the day with 5-6 meals/snacks.



## WEEK 5: 3 HABITS

SLEEP    HYDRATION    INTAKE

|   |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| W | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Week 5 continues to solidify your three habits.

**For Intake Focus On:**



## WEEK 6: 3 HABITS

SLEEP    HYDRATION    INTAKE

|   |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| W | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Week 6 continues to solidify your three habits.

**For Intake Focus On:**



# WEEK 7: 4 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS

|   |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| W | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Week 7 adds a new habit, Fitness.

**For Fitness Focus On:** Moving your body daily in ways that you enjoy and are sustainable for you right now.



## WEEK 8: 4 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS

|   |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| W | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Week 8 continues to solidify your four habits.

**For Fitness Focus On:** Committing to 1-2 more structured training sessions each week than you typically get in. Put these on the calendar (day, time, and what/where, etc). You don't need to do anything extreme.



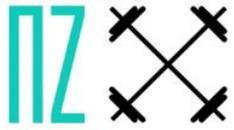
## WEEK 9: 4 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS

|   |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| W | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| T | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| S | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Week 9 continues to solidify your four habits.

**For Fitness Focus On:** Continue working on finding ways to move daily that are enjoyable and sustainable for you along with maintaining consistency with your 1-2 days of structured training each week.



# WEEK 10: 5 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS

|   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 10 adds a new habit, Thoughts.

**For Thoughts Focus On:** Picking one empowering thought daily. Say it out loud. Keep it simple.



# WEEK 11: 5 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS

|   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 11 continues to solidify your five habits.

**For Thoughts Focus On:** Choosing a mantra and repeating it 5+x daily.



# WEEK 12: 5 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS

|   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 12 continues to solidify your five habits.

**For Thoughts Focus On:** Adding a mantra each week for the next 2-3 weeks and continue to repeat those 5+times daily for the remaining weeks of this habit tracker journey...or forever!



# WEEK 13: 6 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS    SUNSHINE

|   |                       |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 13 adds a new habit, Sunshine.

**For Sunshine Focus On:** Getting in 15–20 minutes of direct sunlight on exposed skin each day.



# WEEK 14: 6 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS    SUNSHINE

|   |                       |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 14 continues to solidify your six habits.

**For Sunshine Focus On:** Plan it on your calendar! Continue working on getting in 15-20 minutes of sunshine daily.



# WEEK 15: 6 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS    SUNSHINE

|   |                       |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 15 continues to solidify your six habits.

**For Sunshine Focus On:** Beginning habit stacking or pairing it with another habit like thoughts/ mindset work, eating a high protein lunch, drinking water, getting in movement, ect.



# WEEK 16: 6 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS    SUNSHINE

|   |                       |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Week 16 continues to solidify your six habits.

**For Sunshine Focus On:** Continuing habit stacking by pairing it with another habit like thoughts/ mindset work, eating a high protein lunch, drinking water, getting in movement, ect.



# BONUS WEEK: 6 HABITS

SLEEP    HYDRATION    INTAKE    FITNESS    THOUGHTS    SUNSHINE

|   |                       |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| M | <input type="radio"/> |
| T | <input type="radio"/> |
| W | <input type="radio"/> |
| T | <input type="radio"/> |
| F | <input type="radio"/> |
| S | <input type="radio"/> |
| S | <input type="radio"/> |

Congratulations you made it! Use this bonus card to reinforce the habits you have worked so hard to establish over the last 16 weeks. Rinse & repeat!