

BUILDING BETTER HABITS FOR OVERALL HEALTH

Fuel your journey to better health by making a variety of habits part of your daily routine, like eating a colorful array of fruits and vegetables, staying hydrated with plenty of water, and engaging in regular physical activity. In addition to these habits, incorporate BOOST® as a supportive product to enhance your overall health.

Use this daily tracker as a visual reminder to stay consistent with your daily health and wellness goals.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BOOST® Tip: Each month, print and place this tracker in a visible location to help you stay motivated and focused as you build better daily habits.