

Healthonomics CCM – Habit & Calorie Tracker

How this helps:

- Track simple habits that improve glucose control.
- Log daily calories and 'unhealthy calories' to spot what to eliminate.

How to Use:

- Set your **Daily Calorie Target** and **Unhealthy Calorie Cap**.
- **Each day:** check habits, log total calories, and estimate 'unhealthy calories' (sugary drinks, fried foods, sweets, ultra-processed snacks).
- **Weekly:** review your wins and adjust with your care team.

You've got this! One small step at a time.

Weekly Habit Tracker

Habit	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Weekly Total	Weekly %
Walk 15 minutes after each meal									
Care team check-in (text/portal/visit)									
Hydration (8 cups)									
Sleep 7+ hours									
Under daily calorie target									
Kept unhealthy calories under cap									
Custom habit 1 (edit me)									
Custom habit 2 (edit me)									

Weekly Calorie Log

Day	Total Calories	Unhealthy Calories	Under Target?	Under Unhealthy Cap?	Notes
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					