

Habit Tracker Cheat Sheet

The 5 non-negotiables, a printable weekly grid, and a habit-stacking playbook.

The 5 Non-Negotiables

- Hit your protein target.
- Train (lift or conditioning) — even 20 min counts.
- 10,000 steps OR 30 min Z2.
- Sleep 7+ hrs.
- One mobility / decompression block (5–10 min).

Weekly Tracker — print or recreate in a notebook

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total /7
Protein hit								
Trained								
Steps / Z2								
Sleep 7+ hrs								
Mobility 5 min								
Water target								
No late alcohol								

Habit Stacking Formula

After [current habit], I will [new habit] for [tiny duration].

- After I pour morning coffee, I drink 16 oz water first.
- After I brush teeth at night, I do 5 min mobility.
- After I sit at my desk, I set a step alarm for every 45 min.
- After dinner, I prep tomorrow's protein.

Rules That Beat Motivation

- Never miss twice in a row. One miss is an event; two is a pattern.
- Make it obvious (lay out shoes), easy (prep food), and satisfying (track it).
- Shrink the habit until it's impossible to skip. 1 push-up beats 0.
- Review weekly for 5 min. Without review, the tracker is just paper.

Ready for the full system?

This sheet is one slice of **The Recomp Blueprint** — a 25-page program with macros, training splits for any equipment, recovery + sleep protocols, and a 12-week roadmap.

Get it for \$7 → recompblueprint.com