

The Habit & Consistency Planner

Small steps, done daily, until they become who you are.



FITNESS | HEALTH | LIFESTYLE

Before you begin,

When I started my transformation, I didn't fail because I picked the wrong diet or the wrong workout.

I failed because I couldn't stay consistent.

My plans were always too big, too strict, and too easy to quit after one bad day.

What finally changed everything was small. I stopped trying to be perfect and started just showing up, a little, every single day.

Ten thousand steps. One honest meal.

One tick on a page.

This planner holds the one thing that actually worked for me. It isn't about doing more.

It's about doing a little, consistently, until it stops being something you do and becomes something you are.

Start small. Start today. I'm walking this road too.

Warmly, Luxmi Bhaskar

HOW TO USE THIS PLANNER

Four simple rules:

Rule 1: Start with one or two habits, not ten. The fastest way to quit is to start with too much. Pick one or two that matter most. You can always add more later.

Rule 2: Tick the small wins too. A ten minute walk counts. A glass of water counts. Every tick tells your brain "I showed up."

Rule 3: Never break the chain twice. Missing one day is human. Missing two is how habits die. If you slip, just start again the very next day. No guilt, no starting from zero.

Rule 4: Watch the streak, not the scale. The number of days you show up matters more than any number on the scale. Consistency comes first. Results follow.

MY HABIT PICKER

Circle just one or two to begin. These are ideas, not rules. Yours can be anything.

Movement:

- Go for a walk
- Hit my step goal
- Stretch after walk session

Food:

- One honest, mindful meal
- Drink enough water
- No snacking after a set time

Mind:

- 5 minutes of quiet or journaling
- Write one thing I'm grateful for
- Plan tomorrow tonight

Blank lines for your own:

My habit 1: _____

My habit 2: _____

My habit 3: _____

WEEKLY HABIT TRACKER

Week:

Year:

My Habit	M	T	W	T	F	S	S

This week's streak: _____ days I showed up.

WEEKLY REFLECTION

Looking back, gently

- What went well this week?

- What got in the way?

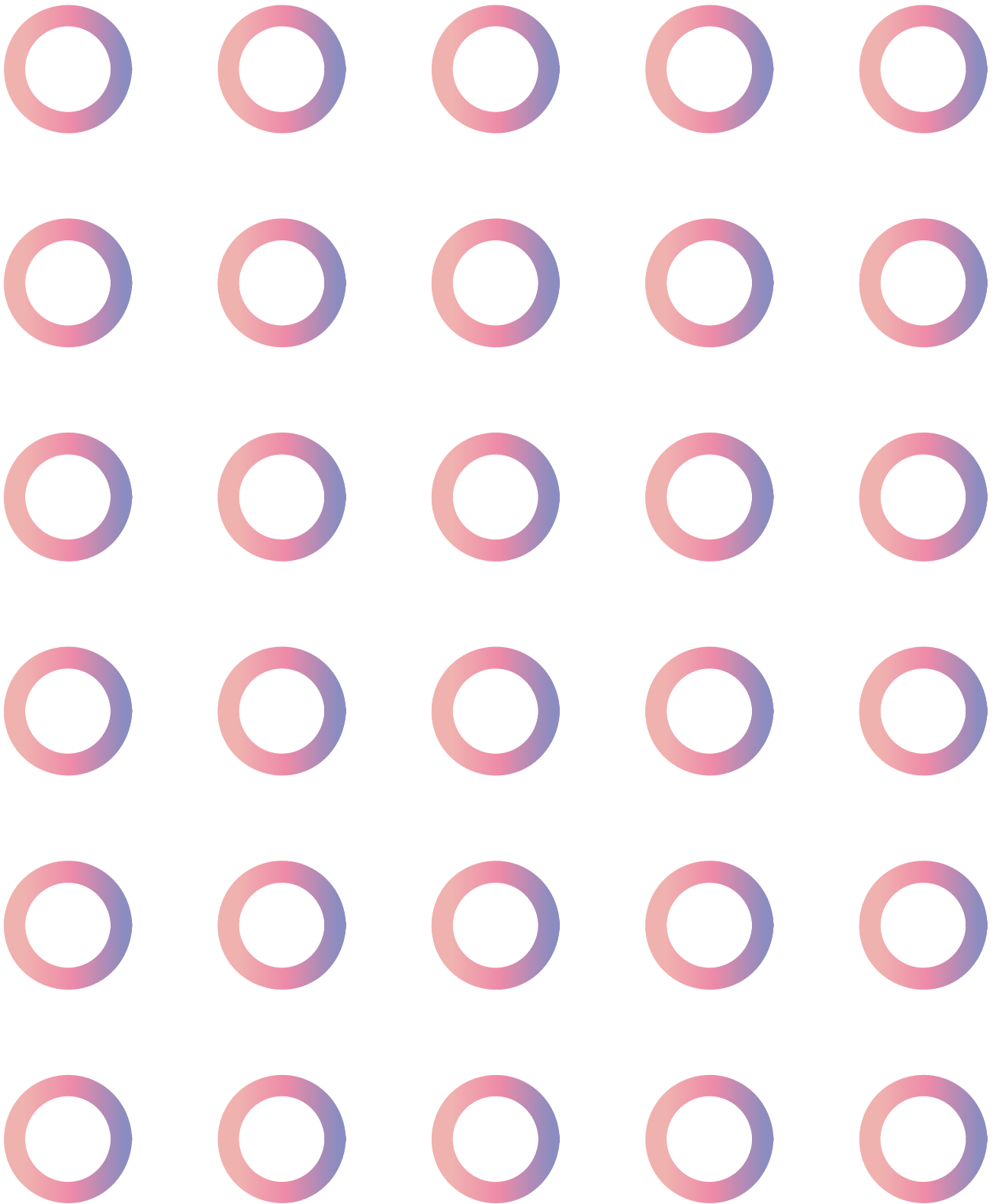
- One small thing I'll do differently next week:

- I'm proud that I:

Progress is not a straight line. Showing up again is the win.

MY 30-DAY STREAK

30 Days of Showing Up



Instruction: Color one circle for every day you keep even one habit. Don't aim for perfect. Aim for "I showed up."

LB's Transformation

KEEP GOING

You don't have to be perfect. You just have to keep showing up.

Keep going. I'm cheering for you, and I'm right here doing it too.

Luxmi Bhaskar | LB's Transformation



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