



CINCH YOUR LIFE

Habit Hacker & Tracker

Small steps, BIG RESULTS.

Your 30-day personal planner and habit tracker to Cinch your life!
Includes lifestyle goal setter, intermittent fasting planner,
food, fruit, vegetable and water journal, exercise journal and planner,
gratitude, affirmations, weight and body measurements tracker.





Disclaimer

The information presented in this document is an educational resource and is not intended as a substitute for medical advice.

Consult your doctor or healthcare professional before embarking on the health changes, particularly if you have any underlying health problems, or if you are elderly or have chronic or recurring medical conditions.

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To learn more please visit our website www.cinchfast30.com

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Congratulations!

You have invested in the Cinch Habit Hacker & Tracker that has the power to massively improve your life! . This document been specifically developed to help you to take small, consistent steps each and every day to help motivate and inspire you to develop new habits, change behaviours and make continuous improvement.

Use this alongside your Cinch Fast 30 programme and recipes to help you reach your goals.

Print this document each and every month and fill it in each day and night for continuous progress.

By the end of the 30 days, you will developed a whole new set of habits to help you live your best life...

Good luck!

Love from Angela & Nicola xxx

body Measurement



WEEK 1

DATE:

NECK: 1

CHEST: 2

LEFT ARM: 3

RIGHT ARM: 4

WAIST: 5

HIPS: 6

LEFT THIGH: 7

RIGHT THIGH: 8

LEFT CALF: 9

RIGHT CALF: 10

WEIGHT:



WEEK 4

DATE:

NECK: 1

CHEST: 2

LEFT ARM: 3

RIGHT ARM: 4

WAIST: 5

HIPS: 6

LEFT THIGH: 7

RIGHT THIGH: 8

LEFT CALF: 9

RIGHT CALF: 10

WEIGHT:

CINCH FAST 30 DAY window planner

The below is your 30 day IF challenge and daily guide if you are attempting to follow an Intermittent Fasting lifestyle. You might want to consider beginning your journey with a 14 hour eating window with the goal of reducing it down very slowly to find your own sweet spot by week 4. Use the key to remind yourself what the numbers refer to, it can be a little confusing at the start, but you will get used to it!

IF Schedule Fasting Eating

14:10	14	10
16:8	16	8
18:6	18	6
19:5	19	5

The beauty of IF is that the eating window time-frames you choose is completely up to you. You are in control. So, if you are for example doing the 16:8 schedule, and you find you are hungrier in the mornings, you can open your window at say 10am and shut it again at 6pm! You can change your window each day to suit your mood. HOWEVER, you MUST listen to your own body and should feel good doing this. If you aren't feeling good (after a few weeks) consider extending your window a little until you do.

	DAY	DAY	DAY	DAY	DAY	DAY	DAY
Open	14:10 1	2	3	4	5	6	7
	Shut						
Open	8	9	10	11	12	13	14
	Shut						
Open	15	16	17	18	19	20	21
	Shut						
Open	22	23	24	25	26	27	28
	Shut						
Open	29	30					
	Shut						

Note: Intermittent Fasting should only be considered if you are over 18, not underweight, not pregnant breast feeding or have an underlying health condition that you have not checked with your doctor.

If you have any previous history of an eating disorder, this is also not for you. 

CINCH FAST 30 DAY

Weigh-in

Weighing yourself every day can help increase your awareness of your weight and weight-related behaviours. It helps you get to know your body and what causes fluctuations and what doesn't. It may help you lose more weight and prevent you from gaining that weight back in the long-term. Daily self-weighing may just be that extra motivation you need to achieve your weight goals. It helped me by allowing me to track progress, see the days that spikes occurred, rationalise them and refocus on my goal!

I challenge you to weigh yourself (in the nude!) at the same time each day and write the number down below...

I also hasten to add, if you hate weighing yourself and you find that it negatively impacts your progress, ditch this.

Goal weight:

DAY	DAY	DAY	DAY	DAY	DAY	DAY
W 1	W 2	W 3	W 4	W 5	W 6	W 7
W 8	W 9	W 10	W 11	W 12	W 13	W 14
W 15	W 16	W 17	W 18	W 19	W 20	W 21
W 22	W 23	W 24	W 25	W 26	W 27	W 28
W 29	W 30	Total kg/lbs lost				



Month :
Year :

Movement *Planner*

Record your daily steps or workouts in here...

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<i>Notes :</i>			

Love & forgiveness

Journal



Month :

Year :

This powerful exercise of sending love and forgiveness to anyone that bothers you can be an excellent way of ridding yourself of negative feelings, resentment and disharmony.

List 3 or more people each day to send love & forgiveness to...or if you have no one like this, send three people love!

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

31	<p><i>Notes :</i></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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WEEKLY FOOD Journal

WEEK OF: _____

	MENU PLANNER	FRUIT & VEG	TEA / COFFEE	WATER INTAKE
Monday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Tuesday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Wednesday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Thursday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Friday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Saturday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    
Sunday	Meal 1			    
	Meal 2			    
	Meal 3 / Snack			    



WEEKLY

WEEK 1.

DATE:

Meal Planner

Use your Cinch recipe guide for inspo....

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 1.
DATE:

GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



WEEK 1.

DATE:

AFFIRMATIONS

This is your daily suit of armour - keep it positive & fabulous...

MONDAY

I AM....(STRONG, CALM ETC) _____

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



DAILY *To-do list*

WEEK 1.

DATE:

Work, rest or play, plan it here & tick it off when complete...

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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NOTES :





WEEKLY

WEEK 2.

DATE:

Meal Planner

Use your Cinch recipe guide for inspo...

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 2.

DATE:

GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



WEEK 2.

DATE:

AFFIRMATIONS

This is your daily suit of armour - keep it positive & fabulous...

MONDAY

I AM....(STRONG, CALM ETC) _____

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



WEEK 2.

DATE:

DAILY *To-do list*

Work, rest or play, plan it here & tick it off when complete...

MONDAY

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SATURDAY

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SUNDAY

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NOTES :





WEEKLY

WEEK 3.

DATE:

Meal Planner

Use your Cinch recipe guide for inspo....

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 3.
DATE:

GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



WEEK 3.

DATE:

AFFIRMATIONS

This is your daily suit of armour - keep it positive & fabulous...

MONDAY

I AM....(STRONG, CALM ETC) _____

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



WEEK 3.

DATE:

DAILY To-do list

Work, rest or play, plan it here & tick it off when complete...

MONDAY

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NOTES :





WEEKLY

Meal Planner

WEEK 4.

DATE:

Use your Cinch recipe guide for inspo...

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOTES

WEEK 4.

DATE:

GRATITUDE *Diary*

I am so happy and grateful for....

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



WEEK 4.

DATE:

AFFIRMATIONS

This is your daily suit of armour - keep it positive & fabulous...

MONDAY

I AM....(STRONG, CALM ETC) _____

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES :



DAILY *To-do list*

WEEK 4.

DATE:

Work, rest or play, plan it here & tick it off when complete...

MONDAY

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SATURDAY

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SUNDAY

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NOTES :



DAILY HABIT

Tracker



WEEK 1.

DATE:

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							

DAILY HABIT Tracker



WEEK 2.

DATE: _____

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							

DAILY HABIT Tracker

WEEK 3.

DATE: _____



TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							

DAILY HABIT Tracker



WEEK 4.

DATE: _____

TASKS	S	M	T	W	T	F	S
DAILY GRATITUDE							
DAILY AFFIRMATIONS							
SEND LOVE TO...							
INTERMITTENT FASTING							
BERRIES							
LEAN PROTEIN							
NUTS & SEEDS							
5 VEGETABLES							
HERBS & SPICES							
EXERCISE (30 MINS MIN)							
WHOLEGRAINS							
5 FRUITS							
MEDITATION							
8 GLASSES OF WATER							
FOOD JOURNAL							
7-8 HOURS SLEEP							



THANK YOU

We hope you have enjoyed this tracker.
Print it each month as you aim to stay on track!
Visit www.cinchfast30.com for our
30-day Intermittent Fasting Challenge.

