

 **BONUS 2**

30-DAY SEXUAL WELLNESS HABIT TRACKER

Build Better Habits. One Day at a Time.



Improve Your Health

Stronger body, better performance.



Boost Your Confidence

Small daily actions, big results.



Enhance Your Relationships

Better habits, deeper connection.



Stay Consistent

Track. Reflect. Grow.



**ONE DAY.
ONE HABIT.
BETTER YOU.**

Every Day.



30 DAYS



DAILY HABITS



TRACK PROGRESS



LASTING RESULTS

BONUS 2

30-Day Sexual Wellness Habit Tracker

Build Better Habits. One Day at a Time.

Consistency beats quick fixes. This 30-day tracker is designed to help you develop simple daily habits that support your overall health, confidence, and sexual wellness. The goal isn't perfection. It's steady progress.

Instructions

At the end of each day, tick the box if you completed the habit. Review your progress at the end of each week.

Habit	Day 1	2	3	4	5	6	7
Slept 7–9 hours	☐	☐	☐	☐	☐	☐	☐
Exercised (20–30 mins)	☐	☐	☐	☐	☐	☐	☐
Ate balanced meals	☐	☐	☐	☐	☐	☐	☐
Drank enough water	☐	☐	☐	☐	☐	☐	☐
Practiced the Calm Reset	☐	☐	☐	☐	☐	☐	☐
Limited alcohol/smoking	☐	☐	☐	☐	☐	☐	☐
Managed stress (breathing, prayer, meditation, or relaxation)	☐	☐	☐	☐	☐	☐	☐
Positive self-talk (No self-criticism)	☐	☐	☐	☐	☐	☐	☐

Repeat this tracker for Weeks 2, 3, and 4 to complete your full 30-day journey.

Weekly Reflection

Week 1

My biggest win this week: _____

The habit I struggled with most: _____

One improvement for next week: _____

Week 2

My biggest win this week: _____

The habit I struggled with most: _____

One improvement for next week: _____

Week 3

My biggest win this week: _____

The habit I struggled with most: _____

One improvement for next week: _____

Week 4

My biggest win this week: _____

The habit I struggled with most: _____

One improvement for next week: _____

My 30-Day Progress Review

Area	Rating (1-5)
Confidence	_____
Stress Management	_____
Healthy Lifestyle	_____
Communication	_____
Emotional Well-being	_____
Consistency	_____

The healthiest habit I developed was:

The biggest change I noticed in my confidence was:

The one habit I will continue after these 30 days is:

Final Reminder

Progress rarely happens overnight. Small, consistent actions practiced over weeks and months can have a meaningful impact on your overall health, confidence, relationships, and well-being. Celebrate your progress, stay consistent, and seek professional support whenever needed.