

Healthy Habits Quick-Start Guide

Numbers from a calculator are a starting point, not a verdict. This guide helps you pick a few small habits and track them for 4 weeks. Not medical advice: talk to a doctor or registered dietitian before major diet or exercise changes, especially if you are pregnant or have a health condition.

1 · Get your baseline

Note your current weight, waist and an estimate of your daily calorie needs (TDEE) from a calculator. Write them in the table below so you can compare in 4 weeks.

2 · Pick at most three habits

Good first habits are specific and small: "walk 20 minutes after lunch", "protein at breakfast", "water bottle on my desk". Add them to the habit tracker.

3 · Plan meals for one week

Use the meal planner to plan 5 dinners and auto-build a grocery list. Planning ahead is one of the easiest ways to eat more consistently.

4 · Change calories gently

If weight loss is your goal, a moderate deficit (often around 300–500 kcal/day below TDEE) is easier to sustain than a crash diet.

5 · Review weekly, not daily

Daily weight swings of 1–2 kg are normal (water, salt, food in the gut). Compare weekly averages instead.

Your worksheet

Measure	Week 0	Week 2	Week 4
Weight			
Waist			
Steps / day			
Sleep (hours)			
Water (litres)			

Free calculators that go with this pack: Calorie calculator (TDEE) (<https://bodycalc.pages.dev/calorie-calculator/>) · Macro calculator (<https://bodycalc.pages.dev/macro-calculator/>) · BMI calculator (<https://bodycalc.pages.dev/bmi-calculator/>) · Water intake calculator (<https://bodycalc.pages.dev/water-intake-calculator/>)
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