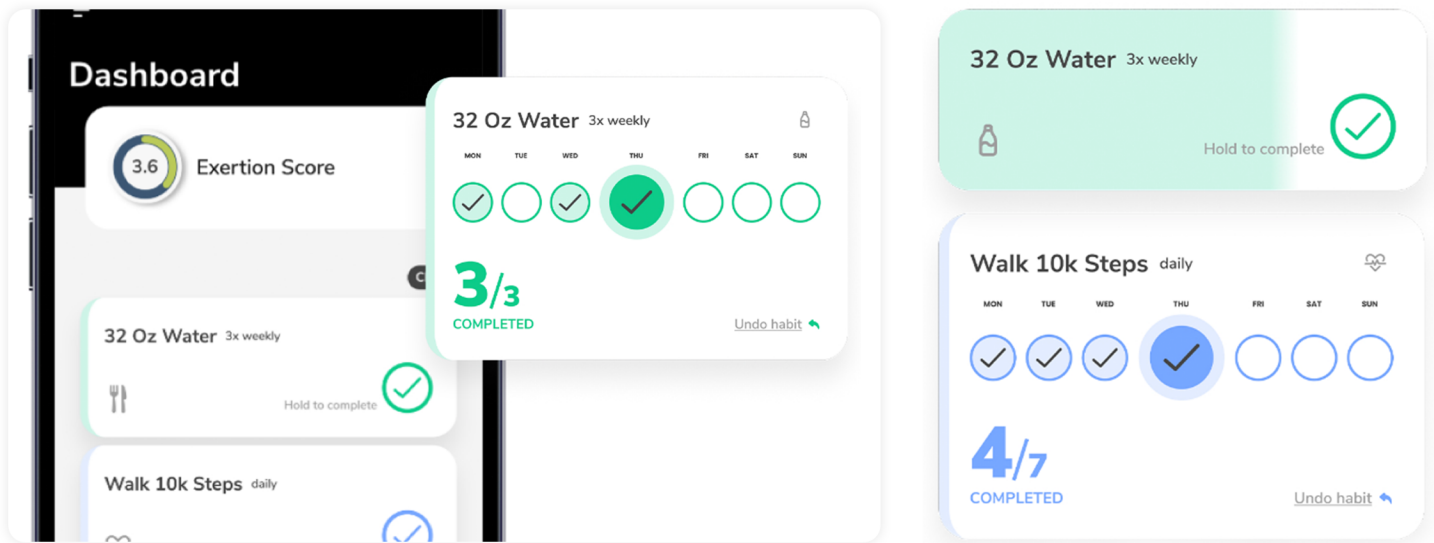







# CONSISTENCY COACH

Create, manage, and assign custom habits for your athletes or clients. Keep an eye on how they are progressing toward their goals each day as they log data in their app.



 <b>32 oz water</b> 3 x weekly • Pre-req	All athletes	July 19, 2024	● Active
 <b>Walk 10k steps</b> Daily • This is preparation for season	Soccer	July 19, 2024	● Active
 <b>Gratitude journal</b> 7 x weekly	① 3 groups	July 19, 2024	● Active
 <b>Run 4 miles</b> 2 x weekly	 +2	July 19, 2024	● Active