

HABIT TRACKER

We repeat roughly 40% of our behavior almost daily.
If we change our habits, we change our lives.

One effective way of changing habits is tracking them, as the mere act of tracking a behavior can spark the urge to change it.

This template will assist you in tracking a habit that you want to implement as you move toward your goals, step by step.

Above the table, write down the habit that you want to implement, how much you want to do, how often you want to do it, and where it will fit into your routines.

In the table, mark off each day that you perform the habit. You can also add any additional details that would be helpful.

EXAMPLE:

HABIT: MORNING MOVEMENT ROUTINE

HOW MUCH I WANT TO DO: 5 MINUTES

HOW OFTEN I WANT TO DO IT: 4 DAYS/WEEK

WHEN IT WILL FIT INTO MY ROUTINES: BETWEEN USING THE BATHROOM AND DRINKING COFFEE

DAY	WEEK OF:	WEEK OF:	WEEK OF:	WEEK OF:
MONDAY	✓	✓		✓
TUESDAY		✓		✓
WEDNESDAY	✓		✓	
THURSDAY		✓	✓	✓
FRIDAY	✓		✓	✓
SATURDAY		✓		
SUNDAY	✓			

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HABIT:

HOW MUCH I WANT TO DO:

HOW OFTEN I WANT TO DO IT:

WHEN IT WILL FIT INTO MY ROUTINES:

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