

HABIT TRACKER

Sometimes our goals can seem so far away that we feel overwhelmed.

Focusing on the steps you're taking right now is a great way of staying motivated and consistent with your habits.

This template will assist you in tracking your progress as you move toward your goals, step by step.

Activity/Habit:

Frequency:

Metric:

Baseline:

Progression:

Day	Week of:	Week of:	Week of:	Week of:
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Instructions

Above the table, write down the activity or habit you will be performing, how often you will perform it, how you will measure it, how much you will start with, and how you plan to progress.

In the table, write down how much you performed on the day that you performed it. Each week you will start a new column.

See the examples on the next page for further clarification.

AS YOU CONTINUE TO SHOW UP FOR YOURSELF, YOU WILL
SEE THE EVIDENCE OF YOUR COMMITMENT AMASS.

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Example:

Activity: *Walking*

Frequency: *3x/week*

Metric: *Time*

Baseline: *10 minutes*

Progression: *10% each week*

Day	Week of: 10/4	Week of: 10/11	Week of: 10/18	Week of: 10/25
Monday	10min			13.5min
Tuesday		11min	12min	
Wednesday	10min			13.5min
Thursday	10min	11min	12min	
Friday				13.5min
Saturday		11min		
Sunday			12min	

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