


Habits Tracking & Change






Name _____	Programme _____	Start date _____
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 The habit I want to build

My habit plan

 Old habit / unhelpful pattern _____ _____ _____	 New helpful habit _____ _____ _____	 Why it matters _____ _____ _____	 My reward _____ _____ _____
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Cue • Routine • Reward

 Cue / trigger _____ _____ _____	→	 New routine _____ _____ _____	→	 Reward / positive reminder _____ _____ _____
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 Helpful supports
People, prompts, or tools that will help me

• _____




• _____

• _____

Track my progress

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 14
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

• Weekly reflection •

 What helped? _____ _____ _____	 What got in the way? _____ _____ _____	 What will I keep doing? _____ _____ _____
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