



HEALTHY HABIT TRACKER

MONTH:	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ALL																						
DAY:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL			
HABIT:	<i>Write your habit(s) on the left. Circle the current month above. Put a mark in the daily columns below each time you do your habit.</i>																																		
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2)																																			
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Make it easy: Make your habit easy to do in the beginning, take some time to help "future you", make competing habits more inconvenient.

Make it specific: Set a specific time and place. Or stack it on top of an existing habit that you already do regularly.

Make it attractive: Pair the habit you need to do with a habit you want to do (e.g. you can only watch TV if you've done your habit for the day).

Make it satisfying: Immediately acknowledge (tick off your habit) or reward (with a non food rewards) good behaviour.

Avoid "all-or-nothing": Being consistent and making progress (no matter how small) is better than always trying to be perfect and failing.

Never Miss Twice: Avoid having 2 bad days in a row. Everyone slips up from time to time but the most successful get back on track quickly.