

Habit Tracker

Identify New Habit to Develop:

Daily Awareness:

Weekly or Daily Reward:

Week 1: Note any obstacles

S M T W Th F Sat

Make note of end of week/ day reward:

Week 2: Note any obstacles

S M T W Th F Sat

Make note of end of week/ day reward:

Week 3: Note any obstacles

S M T W Th F Sat

Make note of end of week/ day reward:

Example how to use Habit Tracker

Identify New Habit to Develop: *Cultivate a weekly exercise routine
(3 days a week of 45 min)*

Daily Awareness: *Review daily and ensure I have my time scheduled
and check off each day*

Weekly or Daily Reward: *After every week, I reward myself (fill in
the blank)*

Week 1: Note any obstacles

*I was able to walk 2 days for 45 min and
add one yoga class. Every day I ensured
my schedule permitted time for the next
workout.*

S M T W Th F Sat



Make note of end of week/ day reward:

I rewarded myself with taking the weekend off.

Week 2: Note any obstacles

*My son was sick, so my schedule had to
be adjusted. I did an on-line strength class
before work (at home) and walked both
Sat & Sun.*

S M T W Th F Sat



Make note of end of week/ day reward:

I rewarded with going to a movie.

Week 3: Note any obstacles

*Adding in a circuit training class (45),
doing this Mon/Wed and adding a walk
Fri after work with my son.*

S M T W Th F Sat



Make note of end of week/ day reward:

Made my favorite cake to celebrate 3 weeks.