






Habit Tracker

Tracking habits is a powerful way to create lasting behavior change, and this habit tracker is designed to help you do just that. By consistently monitoring your habits, you can identify patterns, celebrate progress and make adjustments as needed. To use this tracker, start by selecting a behavior you want to develop, such as daily exercise or mindful eating. Then, specify how often you plan to do it and where and when it will take place. As you complete each habit, reflect on your experience and rate how enjoyable it was. Over time, this process reinforces positive behaviors, making them more automatic and helping you stay accountable to your goals.

WEEK	BEHAVIOR What would you like to do?	FREQUENCY How often will you do it?	TIME/LOCATION Where and when will you do it?	ENJOYMENT How enjoyable was it?
1				
2				
3				
4				
5				
6				