


How to use the Habit Tracker

Committing to three habits each week, and giving some thought to when you're going to action them will give you a greater chance of success when it comes to sticking to them.

At the end of the week, we'll discuss how you got on and if you want to continue with the three you've chosen or think about new ones.

Plotting your habits against your weekly plan enables you to focus - and spot potential sticking points!

HABIT TRACKER



Week commencing: 2 nd Nov 2020	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEKLY PLAN >>>	Long Dog walk	PT session	Walk	PT session	Run	Long dog walk	Run Long dog walk
Habit Action 1: Track food on MFP	Every day	Every day	Every day	Every day	Every day	Yes, even weekends	Yes, even Sunday
Habit Action 2: Run two times a week minimum					5km		7km
Habit Action 3:							

HABIT AREAS

Nutrition	Sleep	Exercise	Work
NEAT	Social	Other	

CONSISTENT HABITS

Use this space to keep track of the habits you're consistent with.

WEEKLY PLAN
Use this row to
make a note of
what you're
planning this week
e.g. what exercise,
social, work
commitments etc

Use the 'Habit Areas' on the right to guide you in creating your Habit Actions. Write your 3 habits for the week in these rows then make a note of when you're going to action them.

CONSISTENT HABITS

Use this space to keep track of the habits you're consistent with. E.g. do you regularly drink enough water, get enough sleep, run regularly etc?

HABIT TRACKER



Week commencing:	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEKLY PLAN >>>							
Habit Action 1:							
Habit Action 2:							
Habit Action 3:							

HABIT AREAS			
Nutrition	Sleep	Exercise	Work
NEAT	Social	Other	

CONSISTENT HABITS
Use this space to keep track of the habits you're consistent with.