FREE WORKSHEET · THE SHORT VERSION, SUBJECT 38

Habit tracker printable

☐ TODAY, 3 MINUTES

Name it. Write the habit as "after I (cue), I (action)", and a small version for a bad day. Pin the sheet where the habit happens.

Done on _____

☐ EVERY DAY

Tick straight after. One tick a day, at the moment. If you miss, leave the box blank, and the next day do at least the small version.

Done on _____

☐ EACH SUNDAY, 2 MINUTES

Count and tell. Count the week's ticks, write the count below and tell the person you named what it was.

Done on _____

THE HABIT

After I (the cue): _____

I will (the action): _____

The small version for a bad day: _____

Each Sunday I tell: _____

FIVE WEEKS OF TICKS

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐
Week 5	☐	☐	☐	☐	☐	☐	☐

SUNDAY COUNTS: DAYS TICKED

Week 1	Week 2	Week 3	Week 4	Week 5