

Habit Plan

My new Habit:

This Habit is important to me because:

I will ... cue the habit by:

... pair it with:

... make it easy by:

... make it satisfying by:

Possible obstacles and ways to overcome them:

Planned Start:

Actual Start:

Tracking:

Month	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

Habit Notes (changes, observations, lessons learned, interim goals set and completed)

A large grid of small dots for taking notes.