HABIT TRACKER

WORKBOOK

G E T S T A R T E D

What habits do you want to develop or change?

- **Download and print the Habit Formation Worksheets to track your progress, identify triggers, and evaluate your success in building new habits.**
- **Start with the Habit Formation Goal Setting Worksheet, filling in details like the habit you want to develop, reasons, action steps, and strategies to overcome obstacles.**
- **Use the Habit Tracker Worksheet daily to monitor your progress, noting the date, goal, and completion status.**
- **The Weekly Habit Review Worksheet helps you assess your weekly progress, challenges, and successes, while the Habit Trigger Identification Worksheet identifies triggers for old habits and alternative responses.**
- **The Habit Formation Progress Evaluation Worksheet allows you to review your progress over time, noting successes, setbacks, and lessons learned.**

Regularly review and adjust your plan, celebrate successes, and stay motivated to achieve your habit formation goals.

GOAL SETTING

WHAT HABIT DO YOU WANT TO DEVELOP OR CHANGE?

START & END DATE

ACTION STEPS:

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHY IS THIS HABIT IMPORTANT TO YOU?

ANTICIPATED OBSTACLES

STRATEGIES FOR OVERCOMING OBSTACLES

→

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GOAL SETTING

WHAT HABIT DO YOU WANT TO DEVELOP OR CHANGE?

START & END DATE

ACTION STEPS:

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
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WHY IS THIS HABIT IMPORTANT TO YOU?

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GOAL SETTING

WHAT HABIT DO YOU WANT TO DEVELOP OR CHANGE?

START & END DATE

ACTION STEPS:

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHY IS THIS HABIT IMPORTANT TO YOU?

ANTICIPATED OBSTACLES

STRATEGIES FOR OVERCOMING OBSTACLES

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HABIT TRIGGER

IDENTIFICATION WORKSHEET

	SITUATION	TRIGGER	HABITUAL RESPONSE	ALTERNATIVE RESPONSE
HABIT:				

	SITUATION	TRIGGER	HABITUAL RESPONSE	ALTERNATIVE RESPONSE
HABIT:				

	SITUATION	TRIGGER	HABITUAL RESPONSE	ALTERNATIVE RESPONSE
HABIT:				

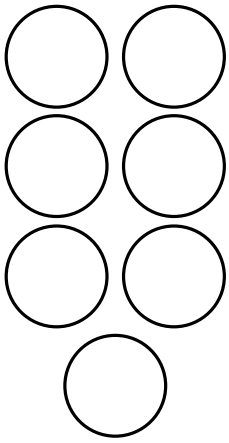
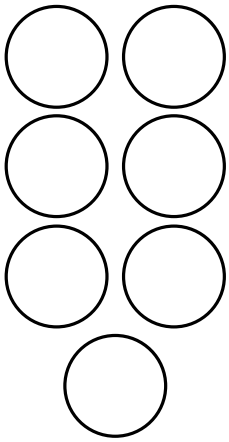
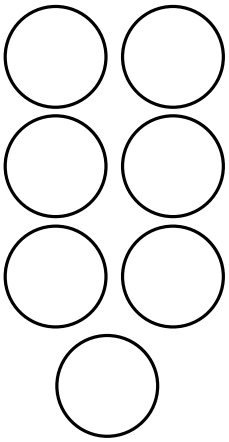
HABIT TRACKER

WEEK

	HABIT GOAL	COMPLETION	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEKLY REVIEW

WEEK

	Successful Days	Challenges	Achievements	Tips For Next Week
HABIT:				
HABIT:				
HABIT:				

HABIT TRACKER

WEEK

	HABIT GOAL	COMPLETION	NOTES
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Thursday			
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Saturday			
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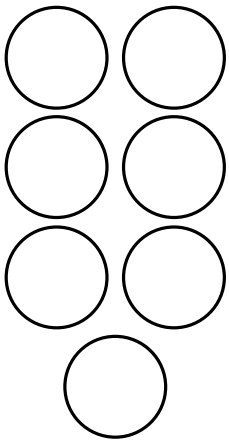
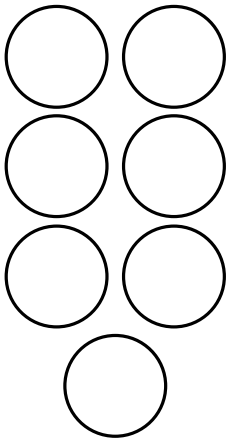
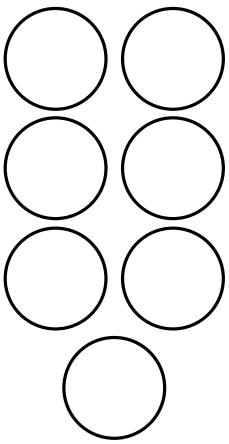
WEEKLY REVIEW

WEEK

	Successful Days	Challenges	Achievements	Tips For Next Week
HABIT:				
HABIT:				
HABIT:				

HABIT TRACKER

WEEK

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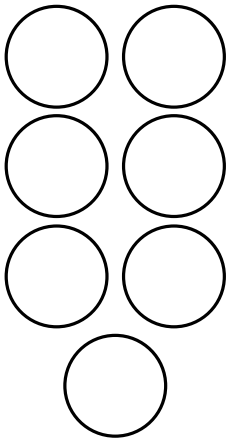
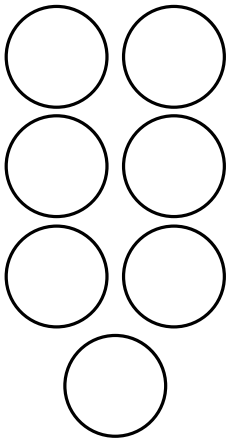
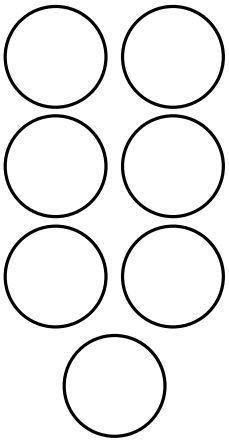
WEEKLY REVIEW

WEEK _____

	Successful Days	Challenges	Achievements	Tips For Next Week
HABIT:				
HABIT:				
HABIT:				

HABIT TRACKER

WEEK

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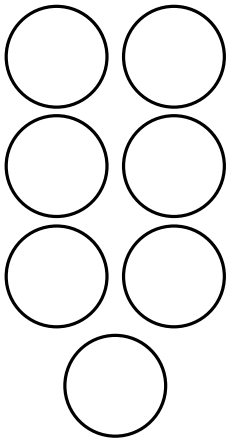
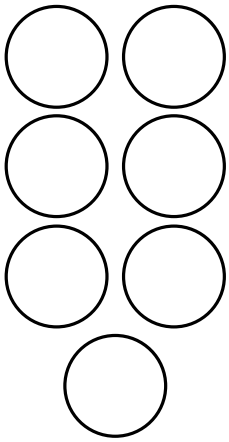
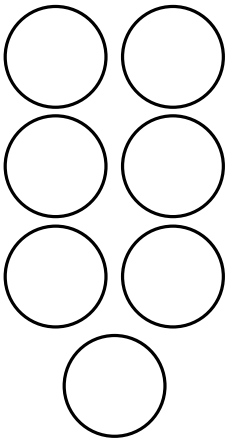
WEEKLY REVIEW

WEEK _____

	Successful Days	Challenges	Achievements	Tips For Next Week
HABIT:				
HABIT:				
HABIT:				

MONTHLY REVIEW

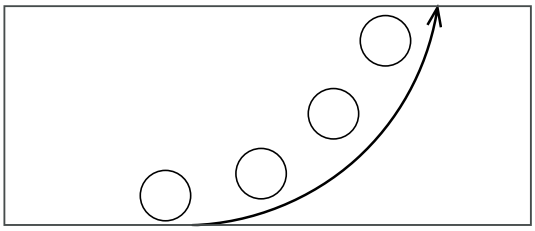
Month name:

Goal:

Days 0-30

Month number:

Level of Success: 0-3



Factors contributing to success

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Lessons Learned

Next Steps / Adjustments

MY VIBES: