Habit Tracking Worksheet

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Fill out the Habit Tracking Worksheet with details about the habit you're tracking.
Be consistent in tracking your habit daily or as scheduled.
Note whether you successfully completed the targeted behavior and provided yourself with the specified reward.
Reflect on your progress and consider whether any adjustments to your Habit Loop are necessary for better results.
Continue tracking until the habit becomes automatic, at which point you can stop tracking.

Remember, tracking your habits is a valuable tool for creating lasting behavior change. Use this worksheet to stay accountable and motivated on your journey to building a new habit.

Habit to Track: [Enter the specific habit you want to track]

Cue: [Identify the cue or trigger that prompts this habit. Is it a specific time, place, event, emotion, or something else?]

Targeted Behavior: [Describe the behavior you're trying to establish or change as part of this habit.]

Reward: [Specify the reward you'll give yourself upon successfully completing the targeted behavior. Make it something motivating.]

Tracking Progress:

- Date: [Enter the date]
- Did I complete the targeted behavior? (Yes/No)
- Did I provide the specified reward to myself upon completion? (Yes/No)
- If I didn't complete the targeted behavior, what were the barriers or reasons? [Write down any obstacles you faced.]
- Reflection: [Take a moment to reflect on your progress. Did the cue, behavior, and reward align effectively? If not, what changes can you make?]