

Habit Tracking Worksheet

Instructions:

- ☐ 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?]