Creating Healthy Habits - Tick Sheet

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Personal Training & Nutrition Coaching

My new habit is _____ Where and when will I do this habit? _____

I am starting this habit on _____ How often (e.g. days of the week) will I do it? _____

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Done at least 5 days out of 7 or 80% of the time?										
How automatic does the behaviour feel? (Rate from 1-10)										