

Habit Tracker

Small Changes make a Big Difference



Make or break a habit in 21 days.

Everyday, I will / I won't...

Why am I doing this?

My reward for completing...

How will I restructure to remove temptation?

How will I succeed?

Know the pain

(what is the consequence of not making the change)

The benefits of making this change

Countdown to success! Mark off each day that you complete

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

