Habit tracker

Start with one habit, two at most. Write the cue as something you already do every day, and the habit as the smallest version you could still do on your worst day. Fill in the third block only once the first one feels easy.

Month _____ **Started on** _____

Habit 1

After I _____ **I will** _____

Tiny version _____ **Where** _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Tick right after you do it. A blank day is fine. Two blanks in a row: do the tiny version next time.

Habit 2

After I _____ **I will** _____

Tiny version _____ **Where** _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Tick right after you do it. A blank day is fine. Two blanks in a row: do the tiny version next time.

Habit 3

After I _____ **I will** _____

Tiny version _____ **Where** _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Tick right after you do it. A blank day is fine. Two blanks in a row: do the tiny version next time.

Tick it straight away.
Same moment every time, right after the habit. Writing it down is part of what makes tracking work.

One blank changes nothing.
In the best-known habit study, missing a single day didn't set people back. Just do the next one.

Smaller, not later.
Struggling? Shrink the habit and keep the cue. Moving it to "tomorrow" or "next Monday" is how it disappears.

Is it a habit yet?

Once a week, rate each line from 1 (strongly disagree) to 7 (strongly agree) for your first habit. These four statements are a short habit scale researchers use to measure how automatic a behaviour has become. Add them up for a score out of 28.

Habit _____ Cue _____

	I do it automatically.	I do it without having to consciously remember.	I do it without thinking.	I start doing it before I realize I'm doing it.	Total out of 28	What made it easier or harder
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						

1 strongly disagree · 4 neither · 7 strongly agree

Expect a fast start, then a slow climb.

In habit studies, scores rise most in the first few weeks and then level off. The typical person took about two months to plateau, and some took far longer.

When the total stops rising for 2 or 3 weeks,

the habit is about as automatic as it's going to get. That's a good time to start the next one on page 1.

Score dropping?

Check the cue first. A new schedule, a trip or a move breaks cues, so pick one that survives the change.

Stuck low after a month?

The habit may be too big or the cue too vague. Shrink it and pin it to something you do at the same time every day.