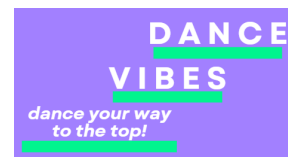


NAME:

# HABIT TRACKER



*PRACTICE IS A MEANS OF INVITING THE  
PERFECTION DESIRED.*

*Martha Graham*

## WHAT

*Briefly but specifically define the habit you want to maintain.*

## CONSISTENCY

*Define how often you want to practice this habit, why you want to stay consistent with it (e.g., what results are you expecting?), and identify a supporter or someone to turn to for guidance, accountability, etc.*

Frequency:

Why:

Supporter:

## HABIT TRACKING

*However often you want to practice your habit, check it off that many times a day to hold yourself accountable. The tracker lasts for 5 weeks. Don't forget why you're doing this habit to stay consistent.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## MISC. NOTES

*As you practice your habit, note any miscellaneous thoughts, progress notes, etc. in this space.*

**REFLECT**

*After trying this habit, reflect on your journey! Here are some prompts to journal or think about:*

- *Were you as consistent as you intended to be? Why or why not?*
- *What was the outcome of trying this habit?*
- *Do you intend to continue this habit? Why or why not?*
- *How are you going to celebrate this accomplishment?*
- *What habit do you want to try next, and why?*