

CHOOSE A HABIT CATEGORY:

☐ MENTAL

☐ PHYSICAL

☐ SPIRITUAL

☐ SEXUAL

☐ FINANCIAL

☐ RELATIONAL

☐ PROFESSIONAL

GOAL

What do you want
& why does it matter?

PLAN

How are you going to
reach your goal & who
can help you get there?

-
-
-
-
-

ACTION

When are you
going to start?

Starting Date: _____

REPETITION

How often are you
going to repeat the
action?

Frequency: _____

CELEBRATION

How are you going
to celebrate your
progress?

MONTHLY GOAL: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

WEEKLY GOAL: _____

Habit	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

DAILY JOURNAL: _____

Write a ONE SENTENCE summary of your progress.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	