



The Habit Factor®

# Habit Tracking 101

## (Easy & FUN)

1) My Most Important **Goal** is:

**WRITE A BOOK!**

2) The most important **HABIT** that will help me achieve my goal is?

**WRITING!!**

On a scale from 1 - 8 (8 strongest), the desired habit is currently how strong as a recurring behavior. (circle)

3) *weakest* 1 2 3 4 5 6 7 8 *strongest*

4) I *currently* perform this habit/behavior X times per week?

**0**

I would feel great if I could elevate *that frequency* to X days per week.

**3!**

4a) I think if I did the habit/behavior for a minimum (TIME or Quantity) it would be huge progress!

**15**

**Minutes or Quantity**

On each "Target Day" below

5) **Target Days:**

I think (given my current schedule) that the best days of the week for me to complete the behavior/intended habit and habit success will be...

TARGETS

	X		X		X			X		X				
	X		X		X			X		X				
	M	T	W	T	F	S	S	M	T	W	T	F	S	S

6) **TRACK 4 Weeks:** Compare your "Actuals" vs the "Target" days. Score yourself a "1" or a "0" based upon whether I achieve my Target for each Target Day.

ACTUAL

	✓			✓	✓		3/3		✓	✓		✓		3/3
		✓			✓		2/3		✓		✓	✓		3/3

7) **Reassess!** After 4 weeks are you 85% or better against your targets? If so, raise the bar. For instance, next 4 weeks you might consider "Writing" for "25 Minutes" and 4x per week instead of just 3X for 15 minutes! This is how you develop the habit and increase its corresponding HabitStrength®



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TARGETS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>

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ACTUAL

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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