

Habit Change Diary

Week	Positive Habit	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total days goals met	Comments
1										
2										
3										
4										
5										
6										
7										
8										

You can monitor actions you are trying to make into habits. For example, record the days when you meet your chocolate minimisation goals (say, 3 squares per day), or alcohol free days. Or record the number of minutes that you are physically active each day that you achieve this (vacuuming, walking, sports etc.). Aim to increase the number of days that you meet your goals, whatever they may be. But, don't record the days when you don't do so well. If you do, you will only focus on your perceived failures, not your successes! Total up your positive results in the last two columns. This way you can track your successes and try to increase them over time.