

21 Day Habit Tracker

InspiringOthersHealth.com

It typically takes 21 days to make or break a habit. Start today!

Habit _____ Time _____

Days

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20 21

Prompts

when this happens I'll do my habit...

Acknowledge

every time I'll reward myself with...

What is my why?

Remind yourself of the reason(s) are you making this change.

"Don't try to be perfect, just try to be better than you were yesterday"

Small wins!

plan a few small wins. Those small wins will let you accomplish your daily task in smaller doses when you can't do the habit properly

Plan for Excuses

think about all those excuses you'll likely come up with and then plan a response to counter-excuse yourself

I'd love to see your 21 Day Habit Tracker in action, take a pic, add the hashtag #21dayioh and tag me @inspiringothershealth