**New Habit Tracking Sheet**

When you have decided what change you are going to make write it in the ‘habit’ column below and everyday you stick to it, put a tick in under the day.

If you complete all 7 days then decide on another ‘easy’ change to make next week, whilst still maintaining your first habit. If you didn’t manage all 7 days then don’t worry about it and stick with the same habit until you do.

Some habits may not need to be done everyday. For example you may want to only drink alcohol two days a week. In that case just block out the days you will be drinking.

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| Date | Habit: What change am I going to make this week that will take me closer to my goal? | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 |  |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |  |

**Previous Habit Tracking Sheet**

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| Habit | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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