

What is a habit tracker?



A habit tracker is a template that helps you keep track of new habits you are trying to implement.

BENEFITS:

- Helps you keep focused
- Is a visual aid to help keep your goals at the forefront
- Gives you additional accountability
- Enhances the chances of reaching your goals
- Helps you monitor your progress
- Helps you focus on specific tasks

Important TIPS:

- Make sure your goals follow the A SMARTER goal format. If you haven't watched the free training, check it out.
- If this is your first time, start small. Pick 1-3 habits.
- Set you alarm each day to remind you to check in with your tracker and track your progress

What is a habit tracker?

Before you begin, get clear on your goals. What are 1-3 new habits you want to start implementing right now.

Check your pull factors. What do you currently have on your plate? Do you have the appropriate time allowed for each habit?

Take the tracker one step further and actually plan **WHEN** you are going to execute.

We often have good intentions but struggle with implementation.

Grab an accountability partner. Send this link to a buddy and have them track with you, set a time to check in and help each other implement these new habits.



Happy Tracking

Habits tracker

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec