Track It To Habit Log (TM)

If you want to develop a habit, then you first need to create a Habit Plan.

1. What specific habit do you want to develop?

2. What will you do to develop this habit?

3. What obstacles might you face and how will you overcome them?

The next step is to track your habit. Untracked habits tend to quickly become forgotten goals.

Rate yourself each day on a scale of 1-10 on how well you implemented your Habit Plan. Also rate yourself on how close your are to firmly establishing your new habit. After five straight days of perfect 10's you no longer need to track your habit on a daily basis. Every six months track your habit for one week to ensure you are maintaining it. On average a new habit is developed in 30 days.

Date	***Plan***	***Habit***		***Date***	***Plan***	***Habit***		***Date***	***Plan***	***Habit***

If needed, answer the following questions each night. What parts of my Habit Plan are not working? Why might they not be working? What can I do differently to make my Habit Plan successful?

Please consider making a contribution to the National Healthy Marriage Institute LLC for the amount you felt this form has helped you. 100% of your contribution will be used to develop, improve, and distribute products and services to help more children, women and men access the positive social outcomes associated with healthy marriages. Contributions can be made at www.healthymarriage.org

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