

# Habít Tracker



UDERIKA.COM

# Habit tracker

**W**e introduced the importance of a habit tracker in chapter/principle 10 of our guide – simple steps to start exercising daily.

Habit trackers are effective tools for reinforcing positive behaviors by visually displaying progress. Checking off habits provides a sense of accomplishment, and the act of tracking itself becomes a rewarding habit. The visual representation holds individuals accountable, motivating them to maintain streaks or reach goals.

Habit trackers also help identify behavior patterns, allowing for adjustments and rewarding positive changes. By turning habits into a game or challenge, habit trackers build momentum and create a sense of accomplishment. Reflecting on completed tasks with a habit tracker instills gratitude and further reinforces positive habits.

## Tips for Success:

1. **Start Small:** Begin with achievable goals to build momentum.
2. **Be Specific:** Clearly define what success looks like for your habit.
3. **Track Progress:** Regularly review and celebrate your achievements.
4. **Stay Accountable:** Share your goals with someone for added motivation.

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Feel free to adjust the number of habits being tracked and customize the layout to accommodate specific habits or additional details you'd like to track. Consistent use of this tracker can help in establishing and reinforcing new habits effectively!

**Goal:** \_\_\_\_\_

*(Specify the habit or goal you are tracking, e.g., "walk for 30mins 3 times a week")*

Month:								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1								
Week 2								
Week 3								
Week 4								
Month:								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1								
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## Who are we?

This guide was compiled by [uderika.com](http://uderika.com), a passionate group of young Nigerian healthcare providers who came together with the aim of empowering individuals with the right medical knowledge. Basically, our aim is to teach you all you need to know about your health so you can and start making informed health decisions.

## ‘LEARN HOW TO CONQUER DIABETES ‘

We want to use this opportunity to introduce you to our online course on diabetes – [Learning how to conquer diabetes](#). It is a course designed by young Nigerian doctors with the aim of teaching you all you need to know about conquering diabetes. It is fun and easy to follow.

We have a **100% money back guarantee policy** (we will refund you in FULL, if you are not satisfied with the course – *No questions asked*)

By purchasing our course, you also help us in our mission to provide education for a Nigerian child.

Thanks

👉 Click [here](#) to access the course ([www.uderika.com](http://www.uderika.com))