



THE HABIT TRACKER

TRACKING YOUR HABITS

**AN ACCOUNTABILITY SYSTEM TO
ACHIEVE YOUR HABIT GOALS**

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GOAL SETTING SYSTEM

Goals as a roadmap to success

This guide is a sequence to other educational material linked to it. Please refer to your instructor for any questions about this guide.



HOW TO USE IT

This habit tracker action book is very simple to use. There are different sections in it linked to different habit tracking systems. Pick the habits that you want to start doing, or habits that you want to stop doing, and track your progress with this action book.



PICK A HABIT

Here are some good examples of habits you might want to start:

- Reading
- Journaling
- Working Out
- Cold Showers
- Journaling
- Making Your Bed
- Work On Skillsets
- Gratitude List



SET UP THE SCHEDULE

Choose one of the habit tracking schedules that you will find in this document that you find is the most suitable for you.

You might want to consider preparing a list of SMART habits that you can use for better efficiency.



MONITOR PROGRESS

Monitor your habit acquisition or elimination progress by keeping up with the schedule and consistency rates.

If you find yourself failing, readjust, reassess and change up the system until it works.

THE HABIT TRACKER



INSTRUCTIONS

The most basic format to use is to first put an X mark or a checkmark on the days where you successfully achieve the habit goal.

Then at the end of the week, or month, assess your consistency rate and progress.

Keep the habit tracker somewhere where you will see it multiple times a day so you can keep the sense of accountability.

You might want to consider adding a reward for yourself when you hit a certain milestone.

THE TRACKER IS YOUR FRIEND

Just like you can have a friend to keep you accountable and monitor your success, this tracker can serve this purpose efficiently.

WHY USE IT?

- It creates a visual cue that can serve as a good reminder
- It serves as a motivational tool to track your success.
- It helps you set clear goals and track your progress



THE STAGES

01

PICK A HABIT

What habit are you trying to install or eliminate?

02

SCHEDULE

Pick a schedule that best fits your needs

03

PROGRESS

Keep track of the progress and consistency rates

THE BUILDING STONES OF HABITS

AN EFFECTIVE GUIDE FOR BUILDING HABITS

1 Goal And Purpose

- Why do you want to establish this habit?
- What is motivating you to do it?

2 The Trigger

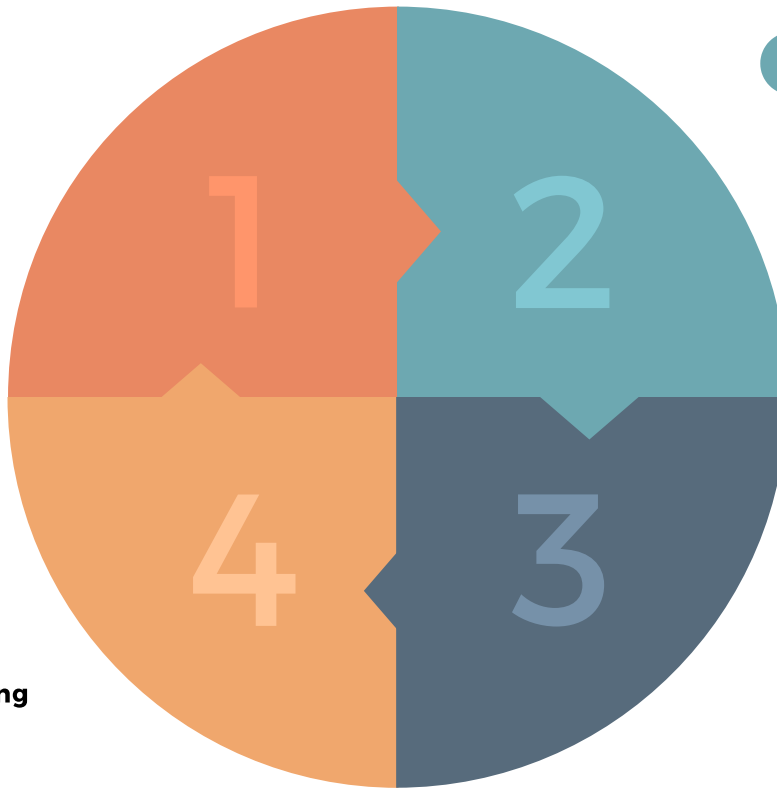
- What is going to be the trigger?
- What are you going to do before you start the habit or when are you going to start the habit?

4 The Reward

- What are you going to get out of this habit?
- Is there a reward you're going to give yourself?

3 The Routine

- What is the habit routine you're following?
- What actions are you going to take as part of the routine?



1

TAILOR YOUR OWN

In the next following pages you will find examples and samples you can use to tailor your own habit system

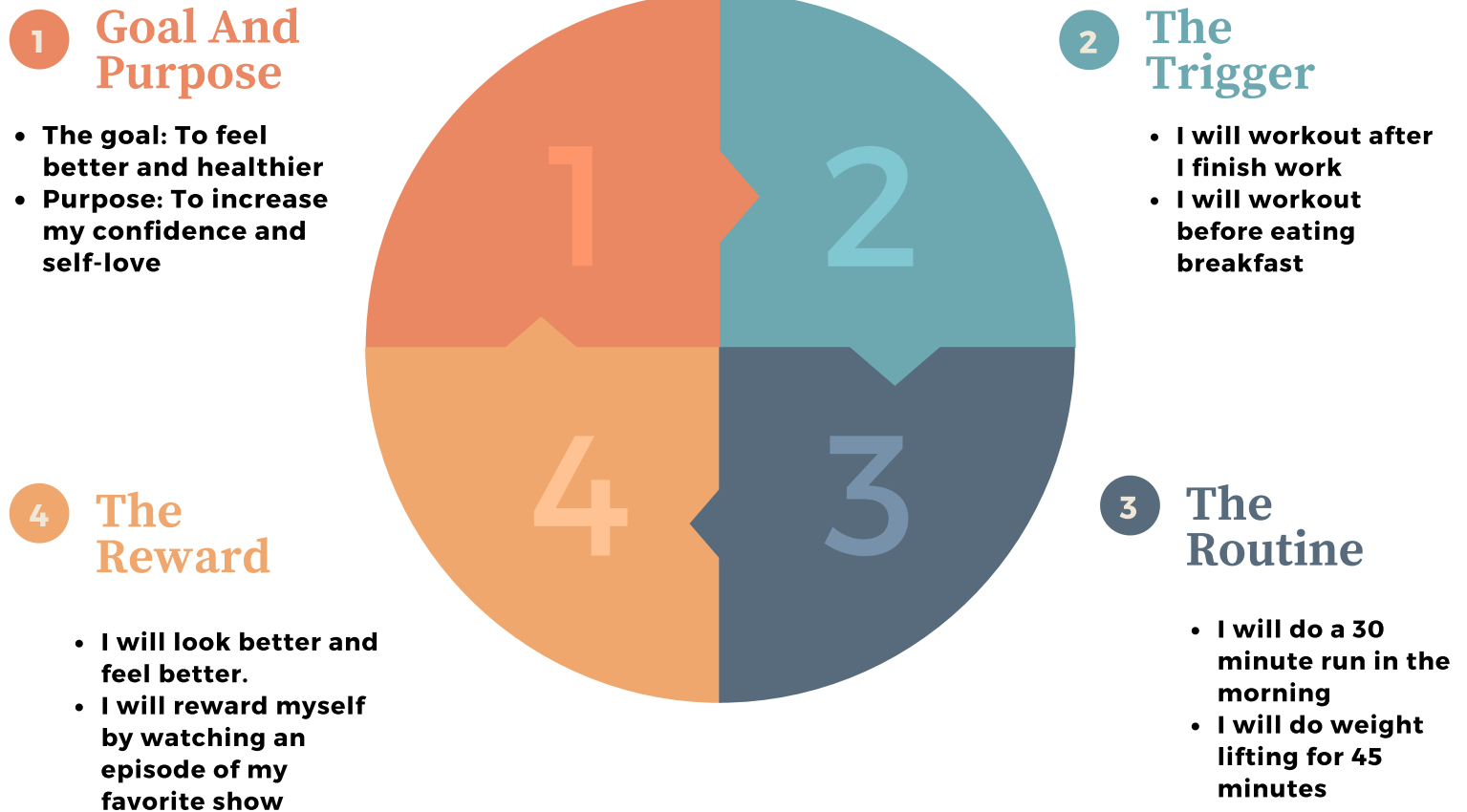
2

KEEP IN MIND

This methodology is followed to create and establish new habits, not to eliminate existent ones (Included in further section

HABIT APPLICATION EXAMPLE

AN EFFECTIVE GUIDE FOR BUILDING HABITS FITNESS AS AN EXAMPLE



1

KEY POINT

Pick a reward that is compelling on an emotional level, and link it exclusively to the new habit you're trying to establish

2

KEEP IN MIND

The trigger can be a time of the day, it can be an alarm on your phone, or even a song you listen to before you head to the gym

PERSONAL APPLICATION

USE THE MODEL BELOW TO APPLY TO YOUR OWN HABITS

1 Goal And Purpose

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.....

4 The Reward

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2 The Trigger

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3 The Routine

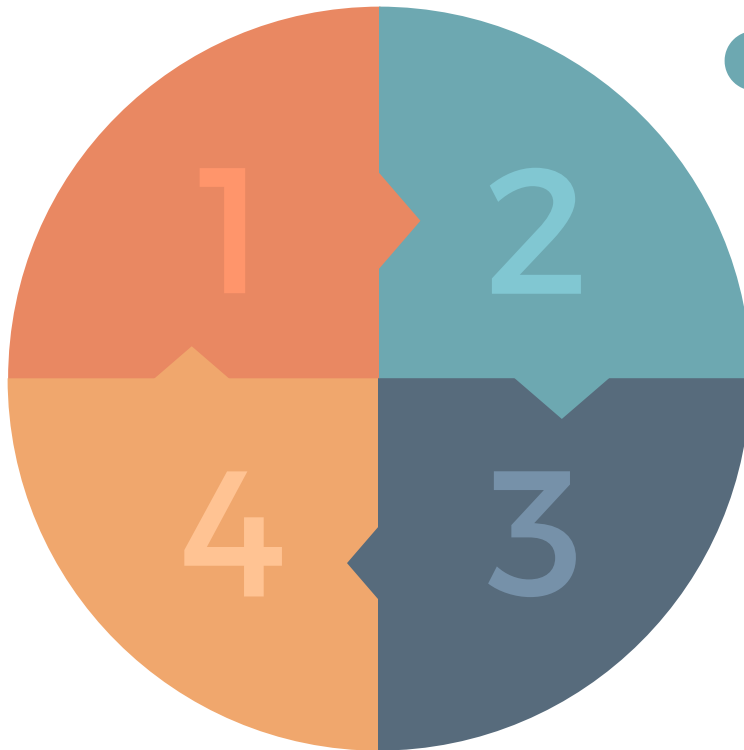
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1 Goal And Purpose

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4 The Reward

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2 The Trigger

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3 The Routine

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WHAT ABOUT ELIMINATING EXISTING HABITS?

1

IDENTIFY THE MOTIVATION

You need to know the root of the problem. Why are you doing the habit to begin with? What kind of pleasure or comfort is it providing?

2

IDENTIFY THE TRIGGER

Is there a certain event, group of people, emotional state, or even a room, where the habit gets triggered? You need to identify the trigger factors.

3

ROUTINE AND REWARD

What course of action do you take following the stimulating trigger? And what reward are you anticipating that's linked to the habit.

4

WHY DO YOU WANT TO STOP IT?

Why are you trying to eliminate this habit from your life? What is it causing it? **And what can you replace it with.**

TAKE TIME TO BRAINSTORM

YOU NEED TO DISSECT THE CURRENT HABIT YOU ARE TRYING TO ELIMINATE INTO DIFFERENT PARTS. THIS PROCESS WILL MAKE IT EASIER TO ADJUST, CONTROL AND ELIMINATE.

THE STAGES

01

PICK A HABIT

What habit are you trying to eliminate?

02

ELEMENTS

What are the different elements of the habit?

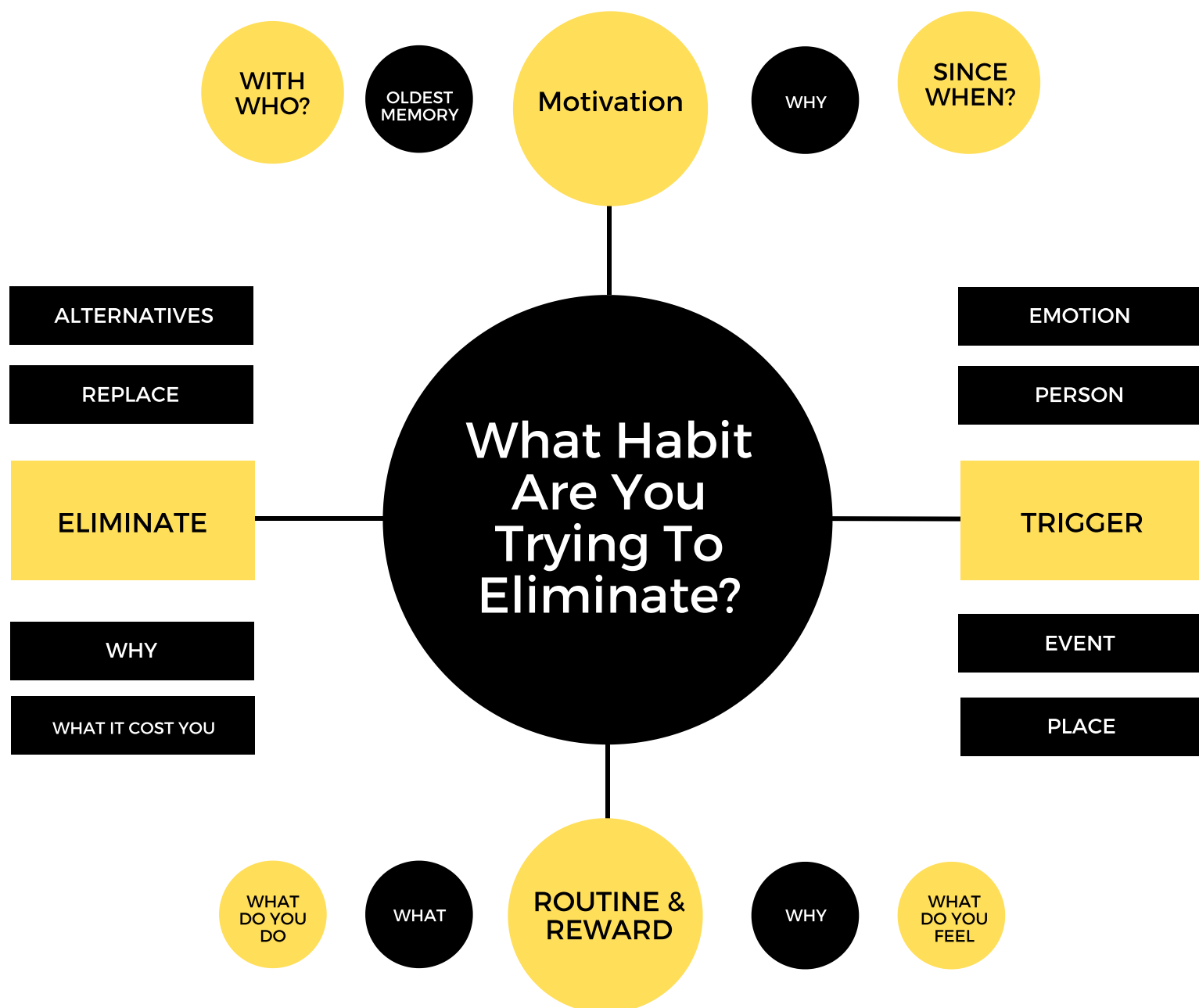
03

REPLACE

What can you replace it with?

INSTRUCTIONS

You will need to answer those question consciously. By identifying all those different elements, you will be dividing this habit into separate elements. You will have a chain basically. The good thing about the chain is, if you break one of the rings effectively. The entire chain would collapse.





INSTRUCTIONS

When it comes to eliminating habits, the system is a little bit different. By following the methodology of this tracker you will be able, however, to overcome the unhealthy habits you've been trying to eliminate.

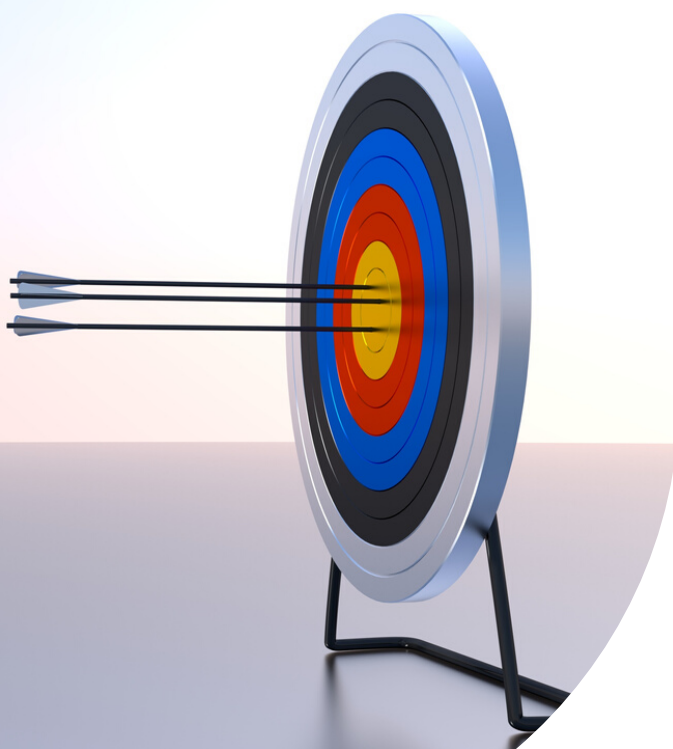
You have a separate worksheet for eliminating habits. Make sure to take out the elements and identify the root of the problem for each and every habit you're trying to eliminate separately.

BRAIN WIRING WHAT IS HAPPENING

The reason why some unhealthy behaviors can easily turn into habits is because as soon as we get exposed to the trigger, our body releases dopamine in anticipation for the reward.

NEURO-LINGUISTIC PROGRAMMING

- Use the resources in the course to link the trigger to a negative emotional state or to some sort of psychological or physiological pain. Your brain tends to move away from pain and embrace pleasure.



THE STAGES

01

PICK A HABIT

What habit are you trying to eliminate and why?

02

CONDITIONING

Whenever you get exposed to the trigger, link it to any sort of pain or discomfort

03

REPLACE

Replace the routine and the reward by something that brings you fulfillment and pleasure



ELIMINATING HABITS

A Detailed Worksheet For Existent Habits

What is the habit?

Trigger

Routine

Reward

Motivation

Emotional State

Pleasure Or Pain

Why Stop The Habit

Alternatives

DAILY TRACKER

DATE:

DAY:

HABITS TO TRACK:

☐

☐

☐

☐

☐

☐

CONSISTENCY RATE:

HABIT #1:

HABIT #2:

HABIT #3:

HABIT #4:

HABIT #5:

HABIT #6:

TOTAL SCORE:

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 AM

NOTES:

WEEKLY TRACKER

A 7 DAY HABIT TRACKER

LIST OF HABITS:

S

M

T

W

T

F

S



CONSISTENCY SCORE:



WEEKLY CONSISTENCY RATE TOTAL:

NOTES:

MONTHLY TRACKER

ONE HABIT PER MONTH TRACKER

HABIT:
POINTS-PER-DAY:

S	M	T	W	T	F	S
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
29	30	MONTH CONSISTENCY SCORE:				

NOTES

A Research Study by Harvard university

97%

Either didn't have any goals, or had goals but never wrote them down

3%

Had clear goals that they have written down



A study done on a bunch of students at Harvard University found that only 3% had clear goals written down. The 97% remaining either had goals but never wrote them down, or didn't have goals at all.

Here's where it gets interesting....

Years later, researchers found that the 3% who had their goals written down, were making more money than the 97% combined!



SET YOUR GOALS

When trying to establish a new habit, don't just say you want to start a new habit. Or if you're trying to eliminate a habit as well, don't stop at saying it or thinking about it.

Take a step further, and write down your detailed goals for each and every one of those habits. Clarity is the ultimate formula for success when it comes to goal setting. So make sure your goals are clear as they serve as a roadmap to success



BRAINSTORM

Start off by doing a brainstorming session using the goal setting worksheet to set a goal for every mentioned category in the worksheet



WRITE

Translate your worksheet into a text that you can read. This will serve as a roadmap for your habit goals.



TRACK

Keep track of your progress towards the goal. If you don't progress the way you want to, adjust, review your goals, and maybe make some adjustments.

SMARTER GOALS

A GOAL SETTING SYSTEM



S FOR SPECIFIC

Your goal needs to be specific. For example, instead of saying I want to workout, you'll say I want to do weight-lifting for 5 days a week. Or I want to do cardio every morning.

You can be even more specific and build a fitness schedule to follow.



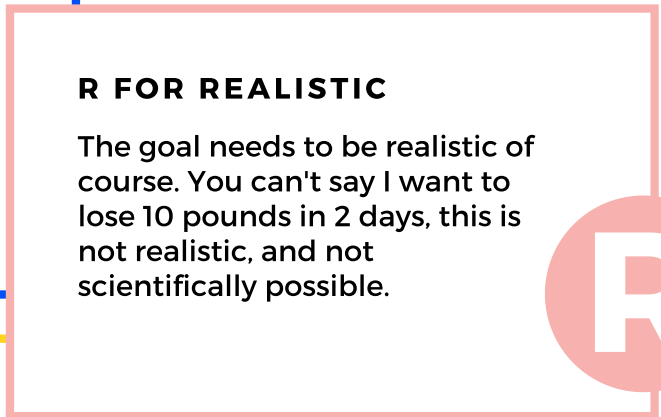
M FOR MEASURABLE

The goal needs to be measurable. For example, you'd say I want to lose 10 pounds, or gain 7 pounds. This way you can measure your progress as you move forward.



A FOR ATTAINABLE

The goal needs to be attainable, as in it needs to be something you know you can achieve, and that you're willing to achieve.



R FOR REALISTIC

The goal needs to be realistic of course. You can't say I want to lose 10 pounds in 2 days, this is not realistic, and not scientifically possible.



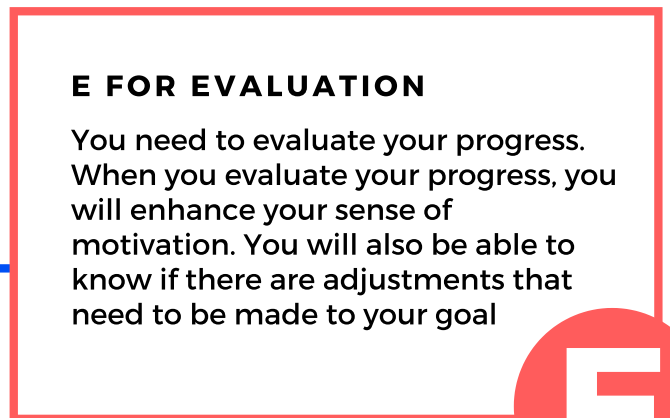
T FOR TIME-BOUND

Your goal needs to be time-bound or timely. Ask yourself, by when do I want to achieve this goal? For example you'll say I want to lose 10 pounds by December 20th.



R FOR REWARD

Finally, pick a reward that is compelling and emotionally stimulating. By focusing on the reward, you will be able to tap into motivational resources inside of you.



E FOR EVALUATION

You need to evaluate your progress. When you evaluate your progress, you will enhance your sense of motivation. You will also be able to know if there are adjustments that need to be made to your goal

SMARTER GOALS

NOW IS YOUR TURN

S

S FOR SPECIFIC

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M

M FOR MEASURABLE

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.....

A

A FOR ATTAINABLE

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R FOR REALISTIC

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R

T

T FOR TIME-BOUND

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E FOR EVALUATION

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E

R

R FOR REWARD

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SMARTER GOALS

GOAL VISION

Specific

Weight-lifting for 5 days
a week

Measurable

Gain 10 pounds of
lean muscles

Attainable

I can and I want
to attain this goal

Realistic

It is realistic but might
take some time

Time-Bound

I want to achieve it by
December 20th

Evaluation

I will measure my weight
and evaluate every week

Reward

More confidence, and I will
feel better about myself
and my body

WRITING YOUR GOAL VISION

My goal is to start weight-lifting, 5 days a week, and rest during the weekend.

.....

I will do so by following the fitness program I downloaded online.

.....

I want to gain 10 pounds of lean muscle by December 20th.

.....

I will evaluate my progress every friday to keep track of my results.

.....

Which will make me feel better about my body and health and grow my
confidence

.....

NOW IT'S YOUR TURN

GOAL VISION

Specific

Measurable

Attainable

Realistic

Time-Bound

Evaluation

Reward

WRITING YOUR GOAL VISION

.....

.....

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