

Template: Habit Tracker

HABIT TRACKING IS DISCUSSED in Chapter 16 of Atomic Habits. Here's what I said about it in the book:

A habit tracker is a simple way to measure whether you did a habit. The most basic format is to get a calendar and cross off each day you stick with your routine. For example, if you meditate on Monday, Wednesday, and Friday, each of those dates gets an X. As time rolls by, the calendar becomes a record of your habit streak.

Jerry Seinfeld reportedly uses a habit tracker to stick with his streak of writing jokes. In the documentary *Comedian*, he explains that his goal is simply to “never break the chain” of writing jokes every day. In other words, he is not focused on how good or bad a particular joke is or how inspired he feels. He is simply focused on showing up and adding to his streak.

“Don’t break the chain” is a powerful mantra. Don’t break the chain of sales calls and you’ll build a successful book of business. Don’t break the chain of workouts and you’ll get fit faster than you’d expect. Don’t break the chain of creating every day and you will end up with an impressive portfolio. Habit tracking is powerful because it leverages multiple laws of behavior change. It simultaneously makes a behavior obvious, attractive, and satisfying.

There are many ways to start tracking your habits. You can buy a wall calendar and make an X, you can draw your own on a sheet of paper, or you can buy the Habit Journal that we designed to make habit tracking as quick and easy as possible.

HABIT TRACKER TEMPLATE

THE HABIT JOURNAL

The Habit Journal is designed to give you everything you need and nothing you don't for habit tracking (and more).

The flexible format allows it to be used as a habit tracker, notebook, planner, bullet journal, workout log, food log, mood journal, decision journal, and almost anything you can dream up. With page numbers, a customized dot grid that makes it easy to split pages, carefully chosen prompts, a customizable indexing system, and perforated pages, it's also designed to keep you on track and make customization a breeze.

This is the perfect companion to Atomic Habits. Now you can track your existing habits, start new habits like daily journaling or reflecting, and plan out your daily schedule – all in one multipurpose journal.

**Learn more and order your copy
at atomichabits.com/journal**

