

# Form A Habit!

To create a new habit, repeat your goal for several weeks or even months,  
until the new behaviour becomes automatic.

Name \_\_\_\_\_

Goal (something you can count or measure): \_\_\_\_\_

Action required: \_\_\_\_\_

How often: \_\_\_\_\_

Start date: \_\_\_\_\_

Monitoring (daily written record):  agenda +  wall calendar  \_\_\_\_\_

## Weekly Assessment

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)

I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.

Week of \_\_\_\_\_ (date)  
I succeeded \_\_\_ times/days/classes (circle one) out of \_\_\_\_.