



Habit Tracker

Behaviour I am monitoring: _____ Start Date: _____

	Frequency/amount (eg 2 gl wine, or 2,000 steps)	Where &When (eg 6pm, at dinner table)	How felt b4 (physical, mentally)	How felt after? or emotionally)	Self-talk b4 or after (eg I'll just have one, or I've blown in now, may as well have another!)
Mon					
Tue					
Wed					
Thurs					
Fri					

Sat					
Sun					

The first step towards behavior change is not trying to change anything for a while, but to increase your awareness of your habit or behaviour, first. So spend some time collecting data, without judgement, like an objective scientist would. If you track your behavior and record that you actually binged twice this week, your response is: that's really interesting isn't it? What triggered that I wonder? The aim is to simply become more aware of what you are actually doing, and then to LEARN from the data you collect. Jot down what you learnt about yourself this week, below.

Reflection

What did I notice?

What did I learn?