TOOLKIT FOR MAKING A NEW HEALTHY HABIT

My goal:		
For example, be more active		
My plan: (trigger and cue)	(action) I will	
For example, after breakfast at home I will go for a walk		

Track your actions until your new habit becomes second nature:

	Week									
	1	2	3	4	5	6	7	8	9	10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Performed on >5 days, yes or no										
How automatic does it feel? Rate from 1 (not at all) to 10 (completely)										_