

How to use a Habit Tracker

By Julia Gillis, Transformation Specialist
Pretty Aggressive Coaching

Step 1: Define Your Goals!

- Know exactly what you want to achieve, how much & by what time

**Know your WHY: why is this important? Why is this significant to me? Why do I want to achieve this?

Ex: *“Fit into my prepregnancy jeans in 3 months”*
 “Lower my diabetic rating by 1.0 in 6 weeks”
 “Spend 6 less hours a week on my phone in 30 days”

Step 2: Have the Hard Talk

- Ask yourself “what have I been doing that has gotten me to this place I don’t like?”
- What behavior & habits are you currently participating in that are contributing to your current situation?

Ex: *“I’m taking care of a newborn, not eating properly during the day, so I’m too exhausted & starving at night so I binge eat junk food before bed.”*
 “I haven’t been carving time for myself to be active & I’m eating a lot of processed foods due to a recent depression.”
 “I feel isolated from my social connections & scrolling social media has become an addictive way to not think about my feelings of loneliness.”

Step 3: Design Easy, Small, Daily or Weekly Habits

- Write your habits as direct instructions with very specific language

Ex: *Intermittent Fast between 7am-11am, 6 days/week*
 Meal prep breakfast, lunch & dinner 5 days/week
 Spend 1 hour in the gym 3 days/week
 Devote 6 hours of phone free family time in a week

- Make 1 or 2 habits directed at addressing the **symptoms** (the night time eating, the phone use)
- Make your 2nd or 3rd habit spiritual, to address the **cause**

Ex: *Ask for more help during the day with my newborn (so I can focus on eating well during the day)*
 Participate in grief or depression counseling
 Arrange & commit to 2 social, in person get-togethers a week

Step 4: Track How Your Mind & Body FEEL

- Give yourself a rating from 1-10 in different parts of the day to find patterns in your mood in relation to how your new habits are impacting how you feel
- Create a note system for tracking physical symptoms such as headaches or bloating or faintness to see how your new habits are impacting your body

Step 5: Make Your Habit Tracker Your B*tch!

- Mark that tracker EVERY DAY! Put it on your fridge, beside your bed, in your pocket - take it everywhere!
- Or have it on your phone! Save it as a photo you can edit or put it in Google documents so you can simply track on your phone

Step 6: Assess your Success

- When you have completed a week or 2 weeks - check in with yourself!
- Are you able to stick to the habits you set? Have they been producing the results you’re hoping for?
- If the answer is YES - keep going! Or advance your habits. Or trade one out that has been easy to engage in, for a new habit that will progress your skill or create further success in your goal.
- If the answer is NO - find a small pivot or adjustment in the habit that is not quite working. Figure out ‘why’ that particular habit isn’t working for you. Is there another way to perform that habit that works better for you?

Habit Tracker

Your Goals:

1) _____

2) _____

Weeks: _____ & _____														
Habit Change	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Change 1														
Change 2														
Change 3														
Body Comfort & Mood Tracker (1-low 10-high) (List bloat, headache, fatigue, etc)														
Morning														
Noon														
Night														
Fitness Commitment														