



# Healthy Habit's Chart

My mission: \_\_\_\_\_

Date: \_\_\_\_\_

Rituals	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Notes

Rate yourself each day: 1 = Not successful, 5 = Very successful

**Tips:**

1. Be precise in the timing and other details surrounding your ritual.
2. Start with only a few (or just one) ritual to start.
3. Place your log someplace in plain sight and easily accessible.
4. Consider having a friend or relative hold you accountable.
5. Be obsessive about completing the log!