

My habit tracker

Plan the week, try habits you choose, notice how you feel.



NAME _____

CLASS _____

WEEK BEGINNING _____

LEARNING GOAL

Plan my week, choose my own habits and notice how I feel.

SUCCESS CRITERIA

- ☐ I can plan study, activity and rest.
- ☐ I can track habits I chose.
- ☐ I can say what helped or got in the way.

Mon

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

Tue

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

Wed

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

Thu

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

Fri

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

Sat

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

Sun

DATE _____

■ STUDY

● ACTIVITY

◆ REST, SLEEP

I am proud of...

My mood this week

All feelings are okay



Great



Good



Okay



Low



Rough

Draw a face, or write your own word.

MON



TUE



WED



THU



FRI



SAT



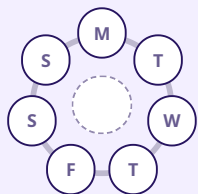
SUN



My habits and reflection

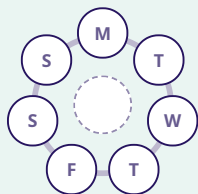


1



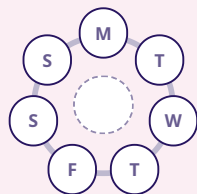
Shade a dot a day

2



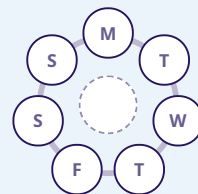
Shade a dot a day

3



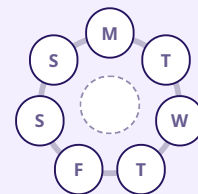
Shade a dot a day

4



Shade a dot a day

5



Shade a dot a day

Streak board

Shade a step for each day in a row

Habit 1	1	2	3	4	5	6	7	8	9	10
Habit 2	1	2	3	4	5	6	7	8	9	10
Habit 3	1	2	3	4	5	6	7	8	9	10
Habit 4	1	2	3	4	5	6	7	8	9	10
Habit 5	1	2	3	4	5	6	7	8	9	10

Missed a day? That is fine. Start a new streak and carry on.

Ideas if you are stuck

Drink water

Move around for a while

Read for pleasure

Tidy my bag

A screen-free hour before bed

Choose any of these, or your own. Your habits, your choice.

What worked

What was hard

One tweak

Tiny habits menu

Attach a new habit to one you already do

Example: After I brush my teeth, I will drink a glass of water. Now write your own.

After I...	_____	I will...	_____
After I...	_____	I will...	_____
After I...	_____	I will...	_____