

BAD HABIT Worksheet

Bad Habit (example)	
I want to break the bad habit of	getting takeaway food twice a week on the way home from work.
I want to do this because	<ol style="list-style-type: none"> 1. Save money 2. Lose weight by eating more healthily
I want the end result to be	<p>I will only get takeaway food on 'special' occasions, and at most once a month.</p> <p>I like takeaway food, so I don't want to stop altogether.</p>
I will do this by	<p>I will do this by making sure that I always have sufficient food at home to be able to prepare healthy and quick alternatives.</p> <p>I will cut down to once a week for 4 weeks, and then a maximum of once a month after that.</p>
I will measure it by	<p>maintaining a record of every time I get takeaway on the progress record at the end of this sheet.</p> <p>Weighing myself at the same time each week, and keeping a record of my body weight</p>
Progress week 1	
Progress week 2	
Progress week 3	
Progress week 4	
Progress week 5	
Progress week 6	
Progress week 7	
Progress week 8	
Progress week 9	
Progress week 10	
Progress week 11	
Progress week 12	