

GOOD HABIT Worksheet

Good Habit (example)	
I want to form the good habit of	Regular exercise
I want to do this because	<ol style="list-style-type: none"> 1. I want to lose weight 2. I want to improve my overall health and well being
I want the end result to be	<p>Regular exercise is something I just do without having to think about it.</p> <p>I will go to the gym twice a week, and achieve 10,000 steps as measured by my smartphone for an average of 6 days a week, with a monthly average step count above 10,000.</p>
I will do this by	<p>joining a gym immediately;</p> <p>parking further away from work, and walking the rest of the way,</p> <p>taking the stairs rather than the escalator and taking a lunchtime walk.</p>
I will measure it by	<p>I will measure my step count by always ensuring my phone is with me, and will adjust the distances I walk according to the results I achieve in the first week.</p> <p>I will record gym attendance on my personal calendar.</p> <p>I will weigh myself at the same time each week, and maintain a record of my bodyweight.</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	