

# SLEEKGEEK HEALTHY HABIT TRACKER

MONTH:	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ALL																						
DAY:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL			
<b>HABIT:</b>	<i>Write your habit(s) on the left. Circle the current month above. Put a mark in the daily columns below each time you do your habit.</i>																																		
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**Make it obvious:** Set a specific time and place. Or stack it on top of an existing habit that you already do regularly.

**Make it attractive:** Use temptation bundling where you can only do something you enjoy (i.e. Netflix) if you've done your habit (i.e. exercised).

**Make it easy:** Reduce friction, desing your environment to support you, and make your habit ridiculously easy to do (make it harder later on).

**Make it satisfying:** Immediately acknowledge (tick off your habit) or reward (with a non food rewards) good behaviour.

**90/10 Rule:** Aim for at least 90% success per week.

**Never Miss Twice:** Avoid having 2 bad days in a row. Everyone slips up from time to time but the most successful get back on track quickly.