



NUTRITION CONSULTING INC.

HEALTHY HABITS TRACKER

<i>TINY HABIT</i>	<i>DATE:</i>																	<i>Total</i>

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Directions:

Set 1-3 tiny habits you are working on (Important! start with tiny habits you can complete in 2 minutes or less to build momentum)
 Use habit stacking ie/ **After I...** (current routine/habit I already do), **I Will...** (new habit you are bringing to life)
 For example "On weekdays after dinner, I will immediately put my lunch bag on the counter and add a piece of fruit"
 For example "Every day after work I will put my runners on and walk my dog for at least 2 minutes."
 Place a checkmark beside the appropriate date when you complete the goal.
 At the end of the line add up your total checkmarks, give yourself a percentage score on your progress and celebrate your wins.