

Habit Tracker

Effective habits are learned through practice!

Strategy	Dates									
	2/14	2/15	2/16	2/17	2/18	2/21	2/22	2/23	2/24	2/25
Review the "To-Do List"		✓				✓	✓			
Create written list with prioritization		✓				✓				
Use a timer	✓	✓	✓	✓	✓	✓	✓	✓	✓	

Strategy	Dates									
	2/28	3/1	3/2	3/3	3/4	3/7	3/8	3/9	3/10	3/11
Review the "To-Do List"		✓	✓	✓			✓	✓	✓	✓
Create written list with prioritization		✓	✓				✓	✓		
Use a timer	✓	✓	✓	✓		✓	✓	✓	✓	✓

Reflection Questions



- » For which strategy did you show the **greatest consistency**? **Why** do you think that is?
- » For which strategy did you show the **lowest consistency**? **Why** do you think that is?
- » What will be the **focus** going forward?