RM 6–FM: New Habit Chart

Three keys to forming new habits are consistency, rewards, and motivation. The recipe for a habit mixes together all three ingredients. A habit has to be something you want, done regularly for a decent period of time.

Think of something you can start today, something you'd like to turn into a habit. You could consider starting a walking program. Weight training is a popular activity for many. Forming a habit is all about building momentum, so start with something you are pretty sure you can succeed with. Then see how long you can keep it up. Make it fun and challenge yourself!

Six Steps to New Habits

1. Print this page. Hang it where you'll see it every day (e.g., on the fridge, by your bed, over your desk).
2. Choose the habit you want to add/drop. If you're looking to drop a bad habit, try to include a positive substitute.
3. Using two coloured markers, track your success by filling in the blocks in the chart. Red = Did it. Blue = Missed it.
4. Most habits take three to four weeks to really form. That's why each row has 21 blocks. You can stop at the end of the first row and move on to another habit, or keep your streak alive and fill up the whole page (30 weeks)!
5. Don't get discouraged if you don't have 100% success. Keep trying and enjoy your progress.
6. Remember to reward yourself! Some good reward milestones are marked on the chart for you.

Paste a picture that represents
your new habit or its benefits here!

Habit I want to add/drop: _____

Why I want to do this: _____

What will happen if I don't:_____

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																				21	
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