Abby Habits

My habit this week

Write in one habit. Tick a day whenever you do it.

Week of _____ **My target** _____ days this week

My habit

What small action will you do?

My cue

After I do something that is already part of my day, I'll do this habit.

On a rough day, I'll…

A smaller version still counts.

Days I did it

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

Something I want to keep or change next week

Take the habit with you

Track it on your iPhone with Abby Habits.

abbyhabits.com