

Small Habit & Cue Planner

Link a small behavior to an existing cue. Environmental support may help; no plan guarantees effortless consistency. You may skip questions that do not fit or discuss them with your coach.

1. After [existing cue], I will [small behavior]. An optional enjoyable acknowledgment is [choice].

2. What practical environmental change or support would make this easier to try?

3. If already started: what percentage of planned opportunities did you practice in the last seven days? Skip if not started.

The denominator is planned opportunities, not necessarily seven days.
Unstarted/unplanned weeks are N/A.

1. No planned opportunities completed → All planned opportunities completed

Enter a value from 0 to 100.

4. Start date/schedule: what is the minimum version? If the cue does not occur or capacity is low, what will you do?

5. Completed opportunities ÷ planned opportunities × 100 = practice percentage. With no planned opportunities, record N/A. When will you review usefulness as well as frequency?