

# Habit Chain Tracker

Track practice of one habit over 30 days. This is a learning log, not a perfect-streak test. Record the start date and use the notes below for planned rest, skipped or not-applicable days. You may skip questions that do not fit or discuss them with your coach.

1. Mark days you practiced; an unmarked day is not a judgment.

1. Habit to practice

|                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Day 1                    | Day 2                    | Day 3                    | Day 4                    | Day 5                    | Day 6                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 7                    | Day 8                    | Day 9                    | Day 10                   | Day 11                   | Day 12                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 13                   | Day 14                   | Day 15                   | Day 16                   | Day 17                   | Day 18                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 19                   | Day 20                   | Day 21                   | Day 22                   | Day 23                   | Day 24                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 25                   | Day 26                   | Day 27                   | Day 28                   | Day 29                   | Day 30                   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

2. What is the single habit you are building? State it in one sentence.

3. What time of day will you do it, and what will trigger it?

4. What is the smallest version of this habit you can do even on a hard day?

5. Start date and practice schedule: what will count as a minimum version?  
Note any rest/N/A days here.

6. Define a flexible practice

If you miss a planned day, how will you restart or adjust? On what date will you review what the record tells you?

**Start date and schedule**

**Minimum version**

**Restart after a missed day**

**Review date**