

Weekly Habit Stack Commitments

Choose one realistic action and fallback. For a habit, link it to a cue that already occurs. You may skip questions that do not fit or discuss them with your coach.

1. What will you do, when and where, and what will count as done or learned?

2. If a likely obstacle occurs, what smaller action, support or revised timing will you choose?

3. What cue/reminder will help you begin, and when will you review and adjust?