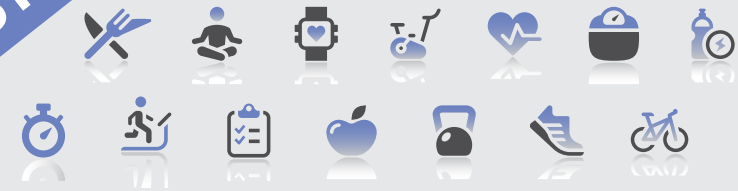


HEALTHY HABIT

CHECKLIST



GOAL

MY GOAL (e.g., “to eat more fruits and vegetables”)

MY PLAN (e.g., “after I have lunch at home I will have a piece of fruit”)

(WHEN AND WHERE) _____

I WILL _____

- ▶ **DECIDE** on a goal you would like to achieve to improve your health.
- ▶ **CHOOSE** a simple action that you can do on a daily basis that will move you toward your goal.
- ▶ **PLAN** when and where you will do your chosen action. Be consistent: Choose a time and place that you encounter every day of the week.

Every time you encounter that time and place, do the action. It will get easier with time, and within 10 weeks you should find you are doing it automatically without having to even think about it.

CONGRATULATIONS, you’ve made a healthy habit!

Some people find it helpful to keep a record while they are forming a new habit. This daily checklist can be used until your new habit becomes automatic. Rate how automatic it feels at the end of each week and watch how it gets easier over time.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	DONE >5 DAYS	HOW AUTOMATIC DOES IT FEEL?									
									NOT AT ALL					COMPLETELY				
WEEK 1								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 2								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 3								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 4								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 5								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 6								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 7								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 8								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 9								YES NO	1	2	3	4	5	6	7	8	9	10
WEEK 10								YES NO	1	2	3	4	5	6	7	8	9	10

Adapted from: Gardner, B., Lally, P. and Wardle, J. (2012). Making health habitual: The psychology of “habit-formation” and general practice. *British Journal of General Practice*, 62, 605, 664-666.