



THE Possibility MOM

CHAPTER 11

HABIT TRACKING TOOL

Changing a habit requires a rewiring of the brain. And this rewiring requires creating new neural connections. One of the best ways to create new neural connections is to repeat something several times! Use this habit tracker to track your progress on the key areas you are trying to improve.

Habit:

ex: work out for 20 minutes every day

Frequency:

ex: daily, weekly, monthly

Progress:

Check each box for each successful repetition of your new habit

☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Post this somewhere prominent to keep your habits top of mind!
See the following page for additional trackers.



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Habit:

Frequency:

Progress:

☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐

Habit:

Frequency:

Progress:

☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐	☐

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