Tracking Sheet/Habit Changer

Instructions: This form can be used to change or develop habits, improve productivity, improve relationships, track goals, and anything else that can be improved by paying attention to frequency. Write the name, area or action step in the first column. Note each occurrence in the box for the respective day using an X, a code, or time to indicate completion. The visual feedback will help you stay on task. Refer to this sheet daily, weekly, and monthly.

Name/Area/Action	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**		