UNDERSTANDING YOUR HABITS

Directions:

First, think of a habit you'd like to control. Then, write down how often you engage in this habit and the potential negative effects it has on your life. Lastly, track how much time you spend on this habit for a week.

Your Habit:	
Habit you'd like to control:	
How often do you engage in this habit?	
What are the potential negative effects of this habit?	
Tracking Your Bad Habit:	
Day 1) Date:	How many hours did you engage in this habit today?
Day 2) Date :	How many hours did you engage in this habit today?
Day 3) Date:	How many hours did you engage in this habit today?
Day 4) Date:	How many hours did you engage in this habit today?
Day 5) Date :	How many hours did you engage in this habit today?
Day 6) Date :	How many hours did you engage in this habit today?
Day 7) Date :	How many hours did you engage in this habit today?
Total hours:	

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