

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: _____