

Habit Planning Worksheet

1. Complete the table. For reminders use the next page to brainstorm.

- Describe the habit
- Routine: When will it regularly occur?
- Reminders: How will you remember? (see below)
- Reward: Is the outcome of each habit sufficient reward? If not create a reward for yourself.
- If /Thens: **If** you don't do the behavior, **then** what?

Describe Habit	Major or Minor	Routine When	New or existing routine	Reminders	Reward	If/Thens
#1						
#2						
#3						

Reminders: List potential reminders for each habit. Pick the one you feel will work the best and put it in the box above.

Habit 1: _____

- _____
- _____
- _____
- _____

Habit 2: _____

- _____
- _____
- _____
- _____

Habit 3: _____

- _____
- _____
- _____
- _____