

# The Health **HABIT** Habit Tracker Journal

How to use this journal:

## **Step 1: Pick a focus area.**

The Health Habit contains 17 Health Habits that will dramatically improve your sleep, fitness and nutrition to give you more energy, feel amazing, shape up and live a longer and healthier life. Pick the area of your health that could do with the most improvement: Sleep, Nutrition or Movement.

## **Step 2. Pick a Health Habit.**

Select one of the 5-7 health habits within your focus area. Each habit has a degree of difficulty – feel free to start with something easier, or if you are up for the challenge, pick one of the more difficult ones.

## **Step 3: Uncover your Habit Hijacker**

Complete the Habit Hijacker Assessment to understand the biggest barrier standing in the way of you successfully making this new Health Habit stick.

## **Step 4: Pick a Habit Hero**

Select one of the 5-7 habit heroes that corresponds to your Habit Hijacker – Motivational, Relational, Environmental, or Cognitive. You will be applying this strategy to help make your new health habit stick.

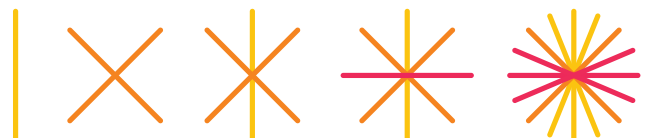
## **Step 5: Stick to this plan for seven days.**

Stick to your Health Habit with the help of your Habit Hero (your behaviour change strategy to make your habit stick) for seven days.

## **Step 6: Reflect and review.**

At the end of the week, reflect on how you are feeling compared to the beginning of the experiment. Do you have more energy? Are you sleeping better (if that was your goal)? Has your mood improved?





Once you feel like your Health Habit has become habitual (which might take a few more weeks), add another Health Habit. The more you incorporate into your life, the better you'll feel.



# The Health **HABIT** Experiment Plan

Your health focus:  Sleep   Movement   Nutrition 

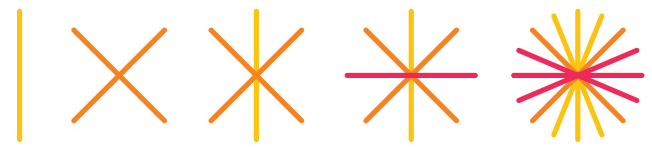
Your Health Habit: \_\_\_\_\_  
\_\_\_\_\_

Your Habit Hijacker:  Motivational   Relational   
 Environmental   Cognitive 

Your Habit Hero Rule of Behaviour Change: e.g. Make it Desirable  
\_\_\_\_\_

Your Habit Hero: e.g. Bundle a Temptation  
\_\_\_\_\_  
\_\_\_\_\_





Your Habit/Hero Plan:  
e.g. Pair your new health habit of waking at the same time every morning with listening to 10 minutes of your favourite podcast (i.e. something pleasurable)  
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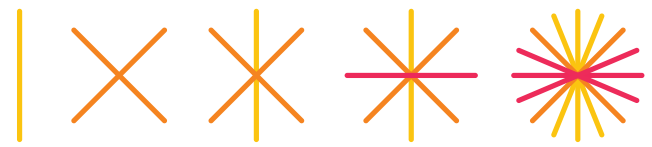
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