

TRACKING YOUR HABIT TRADE

Congratulations on selecting new habits to replace your old, unproductive ones! Now, let's monitor your progress in trading each habit.

Use the tracker below to log instances of both your old habit and your new replacement habit over the next month. This will help you understand how frequently you engage in each behavior and assess how your habit trade is developing.

- **Habit Trading From:**
- **Habit Trading To:**

Reflect at the end of each week on how it's going. Don't get discouraged by setbacks at first; habit change takes patience. Stick with it and use support tools as needed, such as reminders or accountability partners. You've got this!

Habit Trading

WEEK 1

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 2

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 3

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 4

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 5

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 6

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Habit Trading

WEEK 7

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 8

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 9

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

WEEK 10

DAY	OLD HABIT	NEW HABIT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		