

Habit Plan Worksheet — Habit Builder

Best for building new habits. Link new habits to existing routines.
Goal Habit (define precisely):

Cue / Trigger — Routine — Reward:

Implementation Intention (If [cue], then I will [routine]):

Frequency & Context — Start Date — Accountability Partner:

Obstacle → If-Then Plan:

30-Day Habit Tracker:

Week 1

M T W T F S S

Week 2

M T W T F S S

Week 3

M T W T F S S

Week 4

M T W T F S S

Notes: