



HABITS

The 30-Day Habit Tracker

Design habits that stick, track up to eight of them for thirty days, and learn from every week.

A NOTE FROM OUR TEAM

Nobody ever changed their life in one big moment. It happens in small reps, repeated until they're just who you are. We built this tracker to be simple enough to use every day and honest enough to show you the truth. Miss a day? Mark it, learn from it, and get right back on the grid.

— The Auto Advocate Team

A habit is something you do with very little thought because a familiar cue sets it off. That's the goal: not to rely on willpower forever, but to repeat an action in the same situation until it runs on its own. Thirty days won't finish the job for most habits, but it's a strong, honest start. Design your habits first, then track them and reflect every week.

~66 days

AVERAGE TIME FOR A NEW DAILY HABIT
TO LEVEL OFF IN AUTOMATICITY

18–254

RANGE OF DAYS ACROSS PEOPLE AND
BEHAVIORS

1 miss

A SINGLE MISSED DAY HAD LITTLE
EFFECT ON PROGRESS

Source: Lally et al. (2010), a 12-week study of 96 volunteers each repeating one daily eating, drinking, or activity behavior. Researchers writing in the British Journal of General Practice suggest expecting "around 10 weeks," not the popular 21 days (Gardner et al., 2012).

1 Habit Design: Cue, Routine, Reward

Cue: the trigger

Habits are set off by cues: a time, a place, or something you already do. Research suggests choosing a cue you meet every day, inside an existing routine (Gardner et al., 2012).

Routine: the action

Start small and specific. Simpler actions tend to become habits faster. Focus on *doing* something new rather than only trying to stop something old.

Reward: the payoff

Rewards strengthen habits; the NIH notes the brain's reward chemistry helps lock routines in. Give yourself a small, healthy reward and check the box.

2 Shape Your Environment

Your surroundings cue behavior. NIH guidance on changing habits includes avoiding tempting situations, keeping tempting items out of the house, and enlisting support from people around you. Make the good habit obvious and easy; make the bad one inconvenient.

- | | |
|--|--|
| ☐ Set out tomorrow's gym clothes or running shoes tonight | ☐ Charge your phone outside the bedroom |
| ☐ Put the journal and pen where you'll see them every day | ☐ Delete or log out of the app that steals your evenings |
| ☐ Keep water on your desk; move the snacks out of sight | ☐ Tell one person what you're building and ask them to check in |

3

Habit Stacking: Anchor the New to the Old

Anchor each new habit to something you already do daily, often called **habit stacking**. It's a form of if-then planning, which a meta-analysis of 94 tests found improves follow-through (Gollwitzer & Sheeran, 2006). Plan your top five: "After I [current habit], I will [new habit]."

#	AFTER I... (EXISTING CUE)	I WILL... (NEW HABIT, SMALL VERSION)	MY REWARD
Ex.	<i>pour my first cup of coffee</i>	<i>write 3 lines in my gratitude journal</i>	<i>enjoy the coffee on the porch</i>
1			
2			
3			
4			
5			

4

Your 30-Day Tracker

Write each habit once in the left column. Every day, fill in the circle when it's done; leave it empty if you missed. Total each row at the end. Miss a day? It's normal. Just don't let one miss become a streak of them.

Start date

End date

Accountability partner

DAYS 1-15

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	TOTAL
1. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
2. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
3. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
4. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
5. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
6. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
7. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
8. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

DAYS 16-30

HABIT	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
1. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
2. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
3. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
4. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
5. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
6. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
7. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
8. _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

5 Weekly Reflection

Take ten minutes at the end of each week. Researchers suggest checking how automatic a habit feels, on a 1–10 scale, as a simple way to see it taking hold (Gardner et al., 2012).

WEEK	COMPLETION %	FEELS AUTOMATIC (1–10)	WHAT HELPED	WHAT GOT IN THE WAY	ONE ADJUSTMENT
Week 1 (Days 1–7)					
Week 2 (Days 8–14)					
Week 3 (Days 15–21)					
Week 4 (Days 22–28)					
Days 29–30					

YOUR RESTART PLAN: DECIDE IT NOW, BEFORE YOU NEED IT

In the habit study above, one missed day barely mattered, but many missed repetitions added up. So plan your comeback in advance.

If I miss a day, then the next day I will _____

If I'm sick, traveling, or slammed, my two-minute version is _____

6 Day 30: Keep, Adjust, or Drop

Keep as is (it's working) _____ The habit that surprised me _____

Adjust (new cue or smaller version) _____ My next 30 days start on _____

Drop or postpone (honestly) _____ How I'll celebrate _____

Most habits need more than 30 days, so carry your keepers into another round. Building toward a bigger result? See No. L02, The 90-Day Action Plan.

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SOURCES

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This tracker is an educational personal-development tool, not medical or psychological advice. Check with your doctor before starting a new exercise or eating plan. Research findings describe averages across groups and do not guarantee individual results.