



HCA Habit Change Diary

| Week | Positive Action | Mon | Tue | Wed | Thur | Fri | Sat | Sun | Total days Action Taken | Comments |
|------|-----------------|-----|-----|-----|------|-----|-----|-----|-------------------------|----------|
| 1 | | | | | | | | | | |
| 2 | | | | | | | | | | |
| 3 | | | | | | | | | | |
| 4 | | | | | | | | | | |
| 5 | | | | | | | | | | |
| 6 | | | | | | | | | | |
| 7 | | | | | | | | | | |
| 8 | | | | | | | | | | |

Track the actions that will move you closer to achieving your goals. For example, record the days when you meet a chocolate minimization goal (say, 4 squares of chocolate per day), or alcohol free days. Alternatively, record the number of minutes that you are physically active each day and aim to increase these over time if that's what you are working on. Aim to increase the number of days that you take any action to change your habits into healthier ones. But, don't record the times when you don't do so well. If you do, you will only focus on your perceived failures, not your successes. Total up your achievements and make comments in the last two columns. Watch your daily actions turn into healthy habits over time!