

STARTER PACK

My One-Habit Tracker

Choose one habit to try, track it through the week, then look back.

INSIDE

01 Choose one habit

02 Look back on your week

Choose one habit

Track one habit each week. Print a new page when you need one.

CHOOSE A SUITABLE HABIT

Pick one step from a chapter you have read, after its safety guidance. If you miss a day, just carry on.

My habit and why it matters

Something practical: a slow meal, gentle walk, meal-planning step or suitable pause.

When and where it fits

A cue I already have, and what a smaller version looks like.

What might get in the way

One realistic fallback and who could support me.

Day	What I tried	What made it easier / harder
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Look back on your week

Keep what works. Change what does not.

What was manageable?

Include partial efforts and useful support.

What did I notice?

Comfort, energy, mood or practical ease, without claiming causation.

What was too much?

A smaller step, a different time or professional help may be appropriate.

One kind sentence to myself

Write as you would to someone you care about.

Next week

Keep, adapt or pause; I do not need a perfect streak.