# Habit Change Diary Example

| Week starting (date) | | Mon | Tue | Wed | Thurs | Fri | Sat | Sun | Total days chocolate goals met | Exercise hours total |
|---|---|---|---|---|---|---|---|---|---|---|
| 28/4 | Chocolate | | 3 squares | | | 2 squares | | 2 squares | 3! | |
| | Exercise | 30 mins | | 20 mins | | | 40 mins | | | 90 mins! |
| 5/5 | Chocolate | | | | | | | | | |
| | Exercise | | | | | | | | | |
| 12/5 | Chocolate | | | | | | | | | |
| | Exercise | | | | | | | | | |
| 19/5 | Chocolate | | | | | | | | | |
| | Exercise | | | | | | | | | |

You can monitor things you are trying to make into habits. For example, record the days when you meet your chocolate minimization goals (say, 3 squares per day). Or record the number of hours being active for each day that you achieve this (vacuuming, walking, sports etc.). The idea is to increase the number of days that you meet your goals, whatever they may be. But, don't record the days where you don't do so well. If you do, you will only focus on your perceived failures, not your successes! Total up your positive results in the last two columns. E.g. number of *chocolate minimization* days and number of *hours exercised.* This way, you can track your successes and try to increase them over time. You could monitor your changes over time for any unhealthy habits that you are trying to minimize (cigarettes, cups of coffee, glasses of alcohol or soft drink, biscuits etc.) and healthy habits that you are trying to increase (glasses of water, saying 'no' to someone when you don't want to do something, getting to bed early etc.) .