

Tracking Habits



You can track your habits using a habit tracker—a simple way to measure whether you engaged in a habit. You can track your habits in a variety of ways. You can buy a wall calendar, you can make one on a sheet of paper, use a journal, or use the notes function on your phone.

How to Use a Habit Tracker

Here are some examples of how you can use the Habit Tracker template provided on the next page.

Quitting Vaping

If you currently vape every day of the week, think about how many times per day you typically vape. Each day you vape about that number of times, put an X in those days on the tracker. If you “break the chain” and don’t vape as much one day (or set of days), shade in that day on the tracker. Finally, if you don’t vape at all for a day, put a checkmark in those days on the tracker.

Increasing Physical Activity

Consider how much physical activity you want to engage in each day of the week. Each day that you engage in that amount of physical activity, place a checkmark in those days on the tracker. If you partially achieve this amount of physical activity, shade in those days on the tracker. If you are not physically active throughout the day, put an X in those days on the tracker.

At the end of each week, check your progress and consider what is working well and/or what is not working to help you break the habit. Even if you broke an unhealthy habit (such as smoking) once in the week, you should celebrate it and consider it progress. If you broke the habit at least once within a specific day (but not the entire day) shade in the box for that day. On the last page of this resource, you can find a QR code to access a video about the concept of getting 1% better each day that supports the concept of making small progress that will lead to big rewards.

