

Coach Karen Maze

People do not decide their futures, they decide their habits and
their habits decide their futures.

-FM Alexander

Congratulations! You're ready to create new habits - that means your ready for change.

How to use your Habit Tracker:

1. Identify a **goal** & choose up to 3 habits to support that goal
2. Decide how often you will perform each habit
3. Check your boxes each day & celebrate yourself!
4. Consider asking a friend or coach to hold you accountable. Snap a pic of your tracker at the end of each week and text it to them for accountability!

Tips:

- People who write out their goals are 85% more likely to achieve them.
- Declaring your goal to at least one other person increases those chances even more!
- Reflect on why this habit will move you forward or improve your life. What have you got to lose? What have you got to GAIN?

Example: I want to move my body more throughout my day

Habit #1 Take a 20 minute walk after dinner each day

Habit #2 Plank for 2 minutes each day just before I eat lunch

Habit #3 Do 10 minutes of chair yoga at my desk 3 times this week.

(continued next page)



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Pre-decide WHEN you will perform the habit.

In the example above, WHEN will you do the chair yoga? After your first bathroom break of the day? Right after you sit down? While dinner is cooking? Start with the one that sounds the best and see if it works. This is a process. You can't fail if you don't quit!

Use the notes at the bottom of the page to record any thoughts, wins, or anything that influenced your habits that day.

Make your chosen habits simple, easy, and convenient. You can always level up next week.

Would you like help designing the habits that will serve you and your goals?

Book your free consultation with me [HERE](#).

By the way, the Habit Tracker is also available as a journal on Amazon! If you'd like to see your habits compiled in this slim book week after week, click the link to purchase. Each book contains 6 months of tracking and has room for reflection. Available with 2 cover designs.

Here are the links:

[Pink Cover](#)

[Blue Cover](#)

Yours in health & happiness,

Coach Karen Maze



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WEEK OF: _____

HABIT TRACKER

THIS WEEK'S FOCUS: _____

ACTION STEP

	M	T	W	T	F	S	S
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

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NOTES

MON _____

TUE _____

WED _____

THU _____

FRI _____

SAT _____

SUN _____