



everyday expertise™

## GOOD HABITS CHART

Whether you're trying to give up drinking, lose weight, save money or declutter your life, behavioural change is the key to success. Print this chart once a week and make a daily note of what you do to achieve your objective, so you can track your progress. Good luck.

**NAME:**

**OBJECTIVE:**

### NOTES

**M**

**T**

**W**

**T**

**F**

**S**

**S**



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