

Habit Tracker — Build Positive Daily Habits

A habit tracker makes abstract intentions concrete. Instead of vaguely trying to exercise more, you commit to a specific daily action and mark it done.

How habits work

The habit loop: cue → routine → reward. The cue triggers the behaviour; the reward reinforces it. A visual tracker creates its own reward — the satisfaction of an unbroken streak.

Starting tips

- Start with no more than 3 habits at once
- Make them specific: 'walk 20 minutes at 7am' beats 'exercise more'
- Keep the tracker visible — on your desk or fridge
- If you miss a day, never miss two in a row