

HABIT CONSISTENCY WORKSHEET - TO TRACK MULTIPLE HABITS AT ONE TIME - ONE WEEK

- HOW TO USE THIS WORKSHEET:
- Each time you eat a meal or snack that is consistent with the habits you're working on, put an X in the box.
- Each time you eat a meal or **snack that is NOT consistent, put an O in the box.**
- This allows for 6 meals/snacks a day, don't worry if you don't eat as much that, you don't have to fill every box, just leave it blank.
- At the end of the week, total up all your Xs and divide by the total number of meals to get a consistency percentage.

HABITS / ACTIONABLE STEPS							
1	2	3	4				

HABIT:

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	DAILY TOTAL	NUMBER OF CONSISTENT MEALS
SAMPLE	X	X	O	O	X		5	3
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								
TOTAL MEALS IN WEEK	TOTAL CONSISTENT MEALS			CONSISTENCY PERCENTAGE		%		

HABIT:

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	DAILY TOTAL	NUMBER OF CONSISTENT MEALS
SAMPLE	X	O	X	X	X		5	4
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								
TOTAL MEALS IN WEEK	TOTAL CONSISTENT MEALS			CONSISTENCY PERCENTAGE		%		

HABIT:

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	DAILY TOTAL	NUMBER OF CONSISTENT MEALS
SAMPLE	X	X	O	X	X	X	7	5
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								
TOTAL MEALS IN WEEK	TOTAL CONSISTENT MEALS			CONSISTENCY PERCENTAGE		%		

HABIT:

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	DAILY TOTAL	NUMBER OF CONSISTENT MEALS
SAMPLE	X	X	O				3	2
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								
TOTAL MEALS IN WEEK	TOTAL CONSISTENT MEALS			CONSISTENCY PERCENTAGE		%		