

HABIT CONSISTENCY WORKSHEET – TO BE USED FOR ONE HABIT AT A TIME - FOUR WEEKS

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.

HABIT / ACTIONABLE STEP: _____

WEEK COMMENCING:

	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		%

WEEK COMMENCING:

	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		%

WEEK COMMENCING:

	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		%

WEEK COMMENCING:

	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		%