



The 90-Day Habit Tracking Tool

This tool will help you stay motivated and increase your discipline to work on your health goal. You will have a space to track your daily progress, and then a space for you to reflect on the monthly results that you get.

The Keystone habit that I am going to focus on for the next 90 days is:

My desired outcome for the next 90 days is:

Month 1

*Please fill out this space after you complete the weekly reflection below

My biggest 3 wins of the month:

What I need to learn or develop to support my journey

What I notice / feel about myself at the end of this month

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

Month 2

*Please fill out this space after you complete the weekly reflection below

My biggest 3 wins of the month:

What I need to learn or develop to support my journey

What I notice / feel about myself at the end of this month

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

Month 3

*Please fill out this space after you complete the weekly reflection below

My biggest 3 wins of the month:

What I need to learn or develop to support my journey

What I notice / feel about myself at the end of this month

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zero resistance habit							
My big win for today							
What am I resisting?							
What can I do to overcome resistance?							