

21 DAYS TO SUCCESS

The habit tracker consists of 21 numbered circles arranged in a path. The path starts at circle 1 at the bottom left and moves up to circle 21 at the top right. The path is highlighted in green for days 16, 17, 18, 19, 20, and 21. Motivational messages are placed around the path: 'Almost there!' near day 16, 'You're over 1/2 way there!' near day 11, and '1/3 of the way there!' near day 7. There are also three cartoon smiley faces: one at the top right (day 21) saying 'YOU DID IT!', one in the middle right (day 7) saying '1/3 of the way there!', and one at the bottom right (day 1) with a thumbs up.

Starting Date: _____

My Daily Goal is to: _____

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

YOU DID IT!

You're over 1/2 way there!

1/3 of the way there!

Instructions: Color in a circle, or put a sticker on each day that you are successful in achieving your goal. Remember, it takes 21 consecutive successful days to be able to make a new habit stick, or a bad habit go away.