

# BEHAVIOR TRACKER

WEEK OF

FOCUS

TARGET BEHAVIOR / HABIT

| DAY       | TRIGGERS / ENVIRONMENT | ACTION TAKEN | SUCCESS |
|-----------|------------------------|--------------|---------|
| Monday    |                        |              |         |
| Tuesday   |                        |              |         |
| Wednesday |                        |              |         |
| Thursday  |                        |              |         |
| Friday    |                        |              |         |
| Saturday  |                        |              |         |
| Sunday    |                        |              |         |

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