

Habit Change Worksheet

My Cue

Fill in this info when
an urge to do your habit hits.

Where am I?

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____

What time is it?

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____

Who else is around?

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____

What did I just do?

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____

What is my emotion?

Day 1 _____
Day 2 _____
Day 3 _____
Day 4 _____

Look for a trend, this is your cue.

The habit I will change

My Reward

Fill in theories of what
craving your habit is satisfying.

Reward theory 1:

1-3 words on how I feel:

Is the craving gone: Y/N

Reward theory 2:

1-3 words on how I feel:

Is the craving gone: Y/N

Reward theory 3:

1-3 words on how I feel:

Is the craving gone: Y/N

Reward theory 4:

1-3 words on how I feel:

Is the craving gone: Y/N

Circle yes? This is your craving/reward.

My New Routine

After you have your cue and reward,
insert it to your new routine!

My old cue: _____



My new routine: _____



My old reward: _____



My Plan

When _____ (cue),
I will _____ (new routine)
because it provides _____ (reward)

SJKFITNESS