Why use a Habit Tracker?

Developing a new competence takes practice. One successful experience is encouraging, but lasting change happens through small, repeated actions.

This Seven-Day Habit Tracker helps you focus on one behaviour at a time and monitor your progress over the course of a week.

Remember, the goal is not perfection. The goal is to become more aware of your habits and gradually strengthen positive routines.

My Seven-Day Challenge

Competence

Behaviour or habit I want to practise

Examples:

- Listening without interrupting
- Taking short breaks during work
- Asking open questions
- Managing my time more effectively
- Expressing appreciation
- Completing tasks on time
- Staying calm during disagreements

Why is this habit important to me?

Learner Toolkit
T2

MINDtheGAP

Seven-Day Habit Tracker

Daily Tracking

Day	Did I practise my habit?	How did it go?
Monday	☐ Yes ☐ Partly ☐ No	_____
Tuesday	☐ Yes ☐ Partly ☐ No	_____
Wednesday	☐ Yes ☐ Partly ☐ No	_____
Thursday	☐ Yes ☐ Partly ☐ No	_____
Friday	☐ Yes ☐ Partly ☐ No	_____
Saturday	☐ Yes ☐ Partly ☐ No	_____
Sunday	☐ Yes ☐ Partly ☐ No	_____

Weekly Reflection

What went well this week?

What made practising difficult?

What helped me stay motivated?

What have I learned about myself?

What is one thing I want to continue next week?

My Progress

How satisfied am I with my progress this week?

☐ ⭐ Very satisfied

☐ ☺ Satisfied

☐ ☺ Making progress

☐ 😐 Still learning

☐ 🌱 I will keep trying

My Personal Commitment

Complete the sentence:

Next week I will continue by...
