

MONTH

YEAR

THIS MONTH I'M BECOMING SOMEONE WHO...

HABIT	MINIMUM	GOAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	DAYS
1																																		
2																																		
3																																		
4																																		
5																																		
6																																		
7																																		
8																																		
9																																		
10																																		

✓ Minimum done — the day counts ★ Goal done — Day off

Missed a day? That's fine. Just don't miss two in a row.

What worked this month?

What got in the way?

Which Minimum will I keep next month?

1

Pick 3–5 habits

More than five and the tracker turns into a chore. Start small, add later.

2

Write a Minimum

The version you'd do on your worst day: run 5 minutes, read 2 pages, save \$1.

3

Tie it to a moment

"After my morning coffee, I'll..." An if-then plan removes the daily decision.

4

Tick every evening

✓ for the Minimum, ★ for the full Goal. Count the days in the last column.

5

Never miss twice

One missed day doesn't reset you. Two in a row starts a new pattern.

6

Review on the last day

Answer the three questions, then shrink or grow each Minimum for next month.

Habit ideas with a Minimum

AREA	HABIT	MINIMUM	GOAL
Health	Walk	10 minutes	30 minutes
Health	Water	1 glass before coffee	6 glasses
Fitness	Run	5 minutes	20 minutes
Mind	Read	2 pages	20 pages
Money	Save	\$1	\$10
Learning	Language	1 lesson	15 minutes
Home	Tidy	1 surface	1 room
Sleep	Phone away	10 pm	9:30 pm
People	Reach out	1 message	1 call
Work	Deep work	25 minutes	2 × 25 minutes

Why it works

Writing progress down helps. A review of 138 studies (Harkin et al., *Psychological Bulletin*, 2016) found that monitoring progress helps people reach goals — more so when it's physically recorded.

If-then plans help you start. Across 94 studies, plans like “when X happens, I'll do Y” had a medium-to-large effect on reaching goals (Gollwitzer & Sheeran, 2006).

One miss doesn't reset you. New habits took a median of 66 days to feel automatic, and a single missed day didn't materially affect the process (Lally et al., University College London, 2010).



Prefer your phone?

Yez3 keeps a Minimum, 100% and Maximum plan for every day, counts your streak and has an AI coach that checks in when a habit slips.

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