COUNTER APP — TALLY & CLICKER · PRINTABLE SHEET

Habit Baseline Tally: 14 Days

Count the habit before you try to change it

HOW TO USE

1. For 14 days, do not try to change anything. Just count every time the habit happens.
2. At the end of each day, write the count, the most common trigger and when it happened most.
3. Average per day = total ÷ 14. Set your first goal a little below that average.

Habit being counted _____ Start date _____

What counts as one _____

Day	Date	Count	Main trigger	Peak time	Note
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
Total					

AVERAGE PER DAY, FIRST GOAL AND PLAN

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