Habit Tracker Handout for Therapy Clients

One to three habits, tracked daily, reviewed weekly

Client Name: _____

Week Start Date: _____

Daily Habit Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
10-minute walk after dinner								
Breathing exercise								

Marking Key

- ☐ Checkmark = done
- ☐ X = tried, not completed
- ☐ Blank = not attempted

Weekly Reflection: What went well? What to adjust next week?

Keep it to one to three habits at a time and define each as a specific, observable action. Review the sheet together for five minutes at the next session.

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