



Four-Week Habit Tracker

Pick up to five small habits. Tick a box each day you do one. Aim for most days, not every day.

	Week 1							Week 2							Week 3							Week 4						
	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
Habit 1																												
Habit 2																												
Habit 3																												
Habit 4																												
Habit 5																												

Ideas: 5-minute seated wake-up · a walk after lunch · one call to a friend · a glass of water with each meal · lights out by the same time.



Making Small Habits Stick

Small, steady, and forgiving beats big and heroic.

Choose well

- **Start small:** "a 5-minute walk after lunch" is better than "exercise more." Pick something so easy you can do it on a bad day.
- **Pick one to three habits to start:** you can add more in week 3 once the first ones feel automatic.
- **Make it specific:** what, when and where. "Ten sit-to-stands at the kitchen chair after breakfast."

Make it easy to remember

- **Attach it to something you already do:** after coffee, after brushing your teeth, after the evening news.
- **Keep the tracker where you will see it:** on the refrigerator or next to your chair, with a pen tied to it.
- **Set out what you need the night before:** walking shoes by the door, the glass by the sink.

When you miss a day

- Missing one day doesn't undo anything. The goal is most days, not every day.
- Try not to miss twice in a row. The next day, do the smallest possible version.
- At the end of each week, look at what worked and adjust. Change the time or the size of the habit, not your whole plan.

Ideas that work well after 60

- Five minutes of gentle seated movement first thing in the morning.
- A short walk after one meal a day.
- A glass of water with each meal.
- One phone call or visit with a friend or family member.



Making Small Habits Stick (continued)

- Lights out at the same time each night.

Tell someone what you are tracking. A friend who asks "How's your walking going?" is one of the best reminders there is. Check with your doctor before starting new exercise.

Sources and more help: National Institute on Aging, exercise and physical activity (nia.nih.gov); CDC Physical Activity for Older Adults (cdc.gov/physical-activity-basics).