

Creating A Habit

The habit I am going to create	Why am I doing this?
I am going to do 30 minutes of interval training, on Monday, Wednesday and Friday every week, at 12.30pm.	I am doing this to lose weight, because if I don't, I might not be capable of playing with my grandchildren.
How I will benefit from this habit...	Action Plan to change my behaviour
I will have more energy I'll sleep better I'll manage stress better I'll eat more healthily I'll drink more water My family will feel more supported My family will worry less about me I'll live longer	Before I start work on every Monday, Wednesday and Friday; 1 - I will put my shorts, socks, t shirt and waterproof on the same coat hanger in my wardrobe, 2 - I will make a 10-song playlist that I will listen to whilst training, 3 - I will put my running shoes in front of the front door, 4 - I will set an alarm for 12.15pm, 5 - I will tell my family and colleagues what I am doing.
Affirmation	
I'm loving doing interval training for 30 minutes every Monday, Wednesday and Friday and I feel fantastic.	

Start Date:
04/01/21
DAY 30:
02/02/21
DAY 90:
05/04/21

X	X								
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

30 days to create a habit – 90 days to engrain a habit for life

‘We are what we repeatedly do. **Excellence**, then, is not an act, but a **habit**.’
Aristotle