IDEAL Goals™ Habit Tracker

EXAMPLE

I am becoming: *a healthy eater who sets a good example for my kids.*

Week starting 9 / 14 / 2026

HABIT	WHERE	WHEN __ : __ or after _____	DAY 1	2	3	4	5	6	7
1 Eat 2 pieces of fruit each day	Kitchen counter	After I pour my morning coffee	☑	☑	☑	☑	☑	☑	☑
ENVIRONMENT *Things to add or remove from your home, automobile, office, commute, etc.*	**Add:** *a bowl of apples and bananas on the counter next to the coffee maker.*		**Remove:** *the cookie jar goes to the basement.*						
2 Eat a big salad with 1 cup of leafy greens	Kitchen table	12:00 noon	☑	☑	☑	☑	☑	☐	☑
ENVIRONMENT	**Add:** *wash and chop lettuce, tomatoes, and onions on Sunday and put them at the front of the fridge.*		**Remove:** *the bag of chips goes in a bin in the garage.*						
3 Eat 1 cup of beans or lentils	Dinner table	6:30 p.m.	☑	☐	☑	☑	☑	☐	☑
ENVIRONMENT	**Add:** *cook a pot of black beans on Sunday and keep it on the top shelf of the fridge.*		**Remove:** *frozen pizzas go to the freezer in the garage.*						
4 Walk for 30 minutes	In my neighborhood	After breakfast	☑	☑	☐	☑	☑	☑	☑
ENVIRONMENT	**Add:** *walking shoes by the front door.*		**Remove:** *my phone and the TV remote from the kitchen table.*						
5			☐	☐	☐	☐	☐	☐	☐
ENVIRONMENT	**Add:**		**Remove:**						

CONFIDENCE CHECK **Are you at least 70% confident you can complete all of these habits as planned?** ☑ **YES** ☐ **NO**

WEEKLY REVIEW

For more support and accountability, share your weekly results with someone working on similar habits.

What will you do differently next week to improve your results?

Fruit was easy every day, so next week I will go up to 3 pieces. I skipped the walk on day 3 because it rained and missed beans both nights we ate out. Next week I will walk the mall on rainy days and order a side of beans when eating out.

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I am becoming: _____ **Week starting** ____ / ____ / _____

HABIT	WHERE	WHEN __ : __ or after _____	DAY 1 2 3 4 5 6 7
1			
ENVIRONMENT *Things to add or remove from your home, automobile, office, commute, etc.*	**Add:**	**Remove:**	
2			
ENVIRONMENT	**Add:**	**Remove:**	
3			
ENVIRONMENT	**Add:**	**Remove:**	
4			
ENVIRONMENT	**Add:**	**Remove:**	
5			
ENVIRONMENT	**Add:**	**Remove:**	

CONFIDENCE CHECK **Are you at least 70% confident you can complete all of these habits as planned?** ☐ **YES** ☐ **NO**

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