



MEASURE YOUR RETURN

This sheet helps you track your habit returns, not just your streaks.

- 1 Identify the habit you're tracking.
- 2 Note the date of your last interruption.
- 3 Record the first action you took to return to the habit.
- 4 Reflect on how the return felt compared to maintaining the streak.
- 5 Plan your next return strategy for future interruptions.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Consistency is proven by your return, not just an unbroken streak.