# Three Habits Tracking Sheet Sample

I recommend you write your commitment for each of the three habits of Process, Product Time and Self-care in the top half of the box at the beginning of the week and track what you do every day. The first table is filled in to show what your entries might look like. The second table is blank for you to copy and complete.

| : | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Process** | Commit: Coloring 15 minutes<br><br>Actual: Coloring 15minutes | Commit: Coloring 15 minutes<br><br>Actual: Coloring 15minutes | Commit: Coloring 15 minutes<br><br>Actual: Coloring 15minutes | Commit: Coloring 15 minutes<br><br>Actual: Sand Painting 15minutes | Commit: 0 minutes<br><br>Actual: 0 minutes | Commit: 0 minutes<br><br>Actual: 0 minutes | Commit: Coloring 15 minutes<br><br>Actual: Coloring 15minutes |
| **Product Time** | Commit: Novel 15 min Target: 30 min<br><br>Actual: Novel 45 minutes | Commit: Novel 15 min Target: 30 min<br><br>Actual: Novel 25 minutes | Commit: Novel 15 min Target: 30 min<br><br>Actual: Novel 1 hour | Commit: Novel 15 min Target: 30 min<br><br>Actual: Novel 2.5 hours | Commit: Novel 15 min Target: 30 min<br><br>Actual: Novel 3 hours | Commit: 0 minutes<br><br>Actual: 0 minutes | Commit: 0 minutes<br><br>Actual: 0 minutes |
| **Self Care** | Commit: Walk dogs 30 minutes<br><br>Actual: Walk dogs 35 minutes | Commit: Walk dogs 30 minutes<br><br>Actual: Walk dogs 30 minutes | Commit: Walk dogs 30 minutes<br><br>Actual: Walk dogs 30 minutes | Commit: Walk dogs 30 minutes<br><br>Actual: Walk dogs 25 minutes | Commit: Walk dogs 30 minutes<br><br>Actual: Walk dogs 30 minutes | Commit: Walk dogs 30 minutes<br><br>Actual: Walk dogs 30 minutes | Commit: 0 minutes<br><br>Actual: 0 minutes |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Process** | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: |
| **Product Time** | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: |
| **Self-care** | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: | Commit:<br><br><br><br><br>Actual: |