

Weekly #Shift Motivation Chart	Days of the Week						
Habit/Shift	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Eg. Eat 2 serves of fruits per day	✓		✓	✓		✓	✓



Use this motivation chart to track the shifts you are making every week!

You can focus on up to 5 shifts or habit that you would like to include into your life that will have you lead a healthier lifestyle. Think of things that are achievable for you now.

For every day you complete you are able to achieve your healthy shift give yourself a tick



On average, it takes more than 2 months before a new behaviour becomes automatic — 66 days to be exact! It's not easy to make these shifts and if you miss out one day, it will not affect the habit formation process. You've got this! Small shifts make big differences to your health.