



Powered by  
**Navigate**

Your Wellbeing Activity

# Track Your Habits

Goals are achieved more easily when your daily habits align with them. Create a system to track your habits over the next month. Use a health tracker, checklist, or calendar to monitor your goal-related behaviors. At the end of the month, assess what you learned. Were you more successful on certain days than others? What did you notice about the days when you were not as successful? Take what you learn and adjust your habits and goals accordingly.



Insurance | Risk Management | Consulting

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.