

Habit tracker journal

Walk your way to a happier you

Take time to reflect on the habits that aren't serving your mental health and replace them with a daily walk.

How do you unwind after work or at the end of the day?

What unhealthy habit(s) are a part of your unwinding routine?

How does this habit(s) make you feel?

When I think about replacing this habit(s) with a walk, I feel _____.

What is one thing you can do to make this transition easier?

Who can you call for support?

2-week check in

What has been difficult about replacing your habit(s) with walking?

What will help you overcome these roadblocks?

How do you feel after completing your walk?

What positive feelings or changes are you noticing from replacing your habit(s) with a walk?

Why do you value those positive feelings or changes?

4-week check in

What has been difficult about replacing your habit(s) with walking?

How do you feel after completing your walk?

What positive feelings or changes are you noticing from replacing your habit(s) with a walk?

Why do you value those positive feelings or changes?

How has implementing this “happy hour” improved other areas of your life?