Habit Scorecard

Notice your habits before you change them.



WHY IT HELPS

A habit scorecard is a list of everything you do on a normal day, in order, with a mark next to each one: plus if it helps you, minus if it works against you, and equals if it is neutral. James Clear describes the idea in Atomic Habits as a way to notice your habits before you try to change them.

HOW TO USE IT

Walk through a normal day	From the alarm to lights out, list each habit in the order it happens.
Mark each one	Plus, minus or equals, based on the person you want to be.
Circle one minus	Choose the one with the biggest effect on your health, sleep or mood.
Plan the swap	Write the cue, the new action and the day you will start.

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Plus helps, minus hurts, equals is neutral.

Example: Marcus's scorecard

Weekday

Time	Habit	Mark
5:00	Alarm, snooze once	-
5:10	Check phone in bed	-
5:20	Breakfast: eggs and toast	+
5:25	Metformin with breakfast	+
5:30	Coffee with two sugars	-
5:45	Drive to the depot	=
6:00	Walk around the bus for the safety check	+
9:30	Vending machine snack on break	-
12:00	Lunch packed from home	+
all day	Water on the route	+
2:30	Drive home	=
3:15	Shower and change	=
6:00	Dinner with family	+
6:15	Evening metformin with dinner	+
7:00	TV after dinner	=
7:30	Chips with the TV	-
10:00	Scroll phone in bed	-
10:30	Lights out	=

Count

7 plus, 6 minus, 5 equals

Change plan

Habit: chips with the TV. Cue: sitting down after dinner. Swap: cut fruit in a bowl by the couch, chips kept in the garage. Start: Monday.

Two weeks

Swap made on 10 of 14 evenings.

My weekday scorecard

Key

Plus: helps my goal. Minus: works against my goal. Equals: neutral for now.

Habits

Time	Habit	Mark	Note

My day off scorecard

Habits

Time	Habit	Mark	Note

Count

Plus	Minus	Equals

Change plan

Habit I will change

The cue (what happens right before)

My new action

Where and when

What might get in the way and my plan for it

Start date

Two week swap tracker

Two week ticks

Day	Swap made	Note
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

What helped me follow through

Habit scorecard review

Marks before and after

When	Plus	Minus	Equals
First list			
After one month			

What changed

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.