

One Habit, One Week

Start with one useful action

Choose one action you want to make easier to return to. This workbook gives you a small plan, a seven-day record, and a review. A week is an observation window, not a promise that a habit will become automatic.

Use a pen and these pages. No app or account is needed. Define what counts before you begin, choose the days that fit, then record what actually happens. Daily practice is optional.

A filled example

Habit: read five pages after dinner on Monday, Wednesday, and Friday.

Minimum: five pages. Cue: putting away my dinner plate. Preparation: leave the book and bookmark on the chair where I will read.

- Monday: planned; read five pages after dinner. One check.
- Tuesday: not planned. No check expected.
- Wednesday: planned; missed. Dinner ran late and I forgot the book.
- Thursday: not planned. No check expected.
- Friday: planned; read twelve pages. One check, because five pages was enough.
- Saturday: not planned. No check expected.
- Sunday: not planned. No check expected.

Review: two of three planned days completed. Wednesday was a miss; Tuesday was an unplanned day. Those are different pieces of information. For the next week, leave the book beside the dinner place setting as a visible prompt.

Keep the record simple

Use one check per planned day after doing your minimum. Extra effort needs no extra checks. After a miss, return on the next planned day with the same minimum. There is no catch-up requirement.

Make your one-week plan

Choose an action with a finish you can recognise: read five pages, put tomorrow's bag by the door, or write tomorrow's first task. Pick a minimum that is useful and fits a busy day.

Choose a cue that already happens near the place you will act. Prepare one thing that makes starting easier. Select your days before the week begins; leave other days unplanned.

Action and minimum

My habit / why it is useful / the smallest action that counts as done

Cue and preparation

After I _____, I will _____. I will prepare _____.

Planned days

My seven dates / the days I plan to do this / my next planned day if I miss one

Your reusable seven-day log

Add dates and write "planned" or "not planned" before starting. After each planned day, record one check if you did the minimum, or "missed" with a short note. Mark unplanned days "not planned". Note any extra practice without adding a completion check. Keep the record honest; blanks can stay unknown.

Day	Plan / date	What happened
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Review the week and choose your next attempt

Look only at planned days when counting completions. Unplanned days are not misses. A blank you cannot remember is unknown; you do not need to reconstruct it.

Notice the conditions around one easier day and one difficult day. Did the cue happen? Were the materials ready? Was the minimum realistic? Use your notes to choose one adjustment, or keep the plan if it fitted. You can also pause a habit that no longer feels useful.

What happened

Planned days / completed days / missed days / unknown days

What helped or got in the way

One easier day and why / one difficult day and why

What comes next

Continue, adjust, or pause / one change, if any / my next planned date and minimum

Keep going on paper or in Dayprints

Reuse the plan, log, and review for another week. Keep one earlier page so you can compare what changed. You do not need a longer streak or a larger habit to make the next attempt worthwhile.

Optional Dayprints walkthrough

If you already have access to Dayprints, use the same action and planned days from your worksheet.

1. On Today, open habit management using the arrow beside Habits.
2. Add a habit with a specific name, such as "Read five pages".
3. Choose your target days. Keep Times per day at one for this experiment.
4. After completing your minimum, tap the habit pill on Today once.
5. Keep your cue, preparation, and short observations on this worksheet. Use them when deciding what to change next week.

See the help guide for editing a habit or correcting a check-in. Keep the completion rule steady during the week; revise it deliberately when you review.

Read more when it helps

Track your first habit

<https://dayprints.app/learn/track-your-first-habit>

Habit Tracking for Beginners

<https://dayprints.app/blog/habit-tracking-for-beginners>

Print and reuse

Print the PDF at actual size, or choose Fit if your printer clips an edge. Use single-sided printing for writing room. For a fresh week, reprint pages 2-4. You can also copy their prompts and log into a notebook.