

# 66-Day Habit Builder

Sixty-six days — the figure research actually points to for automatic behaviour.

The "21 days to a habit" line is a myth from 1960s cosmetic surgery notes. The real median in behaviour research is closer to 66 days, and it varies enormously by habit. This page gives you the room that takes.

THE HABIT

START DATE

## Days 1 to 66

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## Checkpoints

| CHECKPOINT | DATE | HOW AUTOMATIC DOES IT FEEL? (1-10) | NOTES |
|------------|------|------------------------------------|-------|
| Day 7      |      |                                    |       |
| Day 21     |      |                                    |       |
| Day 42     |      |                                    |       |
| Day 66     |      |                                    |       |