

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			