66-day single habit tracker

One habit, 66 numbered days, sized on the median from the UCL study.

Habit _____

Started on _____

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	65	66

Day 66 is outlined because it is the median time to automaticity reported by Lally and colleagues at University College London in 2010, across 82 participants. The individual range in that study ran from 18 to 254 days, so day 66 is a marker and not a deadline. If it still takes effort on day 67, you are inside the range the study found, not behind.

Lally, van Jaarsveld, Potts & Wardle (2010),
European Journal of Social Psychology 40(6), 998-1009.