

Small Habits Starter Checklist & 30-Day Log

Choose 1–3 tiny actions to begin. Keep each action smaller than feels necessary. No unbroken streaks to protect.

Morning & Routine (Start Low-Friction)

- ☐ Drink 1 glass of water
- ☐ Brush teeth thoroughly
- ☐ Open the curtains for natural daylight
- ☐ Make the bed or straighten pillows
- ☐ Tidy one small surface (desk or sink)

Movement & Body (2 Minutes or Less)

- ☐ Stretch shoulders and back for 2 minutes
- ☐ Step outside or to a window for 3 slow breaths
- ☐ Walk for 5 minutes around the room or block
- ☐ Roll wrists and ankles for 1 minute
- ☐ Rest your eyes away from screens for 2 minutes

Focus & Clarity (One Small Step)

- ☐ Read 1 page or read for 5 minutes
- ☐ Write down today's single priority on paper
- ☐ Put phone face-down on silent for 15 minutes
- ☐ Close unneeded tabs down to what is in front of you
- ☐ Do 2 minutes of focused work on one task

Evening & Wind-down (Gentle Closure)

- ☐ Set out tomorrow's clothes or bag
- ☐ Plug phone in to charge across the room
- ☐ Wash face with warm water
- ☐ Write down 1 small thing that went smoothly
- ☐ Turn off bright screens 15 minutes before bed

My Chosen Small Habits · Rolling 30-Day Log

Check off each day you complete. A missed day does not reset your progress to zero. MicroHabit shows your rolling 30-day view.

Habit 1: _____

Target: [] Daily [] Weekdays [] ____ / week

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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

Habit 2: _____

Target: [] Daily [] Weekdays [] ____ / week

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Habit 3: _____

Target: [] Daily [] Weekdays [] ____ / week

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