

The 66-day habit builder

STARTED _____

MY HABIT _____ MINIMUM VERSION (bad days) _____

Research at University College London found new habits take **about 66 days on average** to feel automatic (range: 18-254 — harder habits take longer, and that’s normal). Missing a single day did **not** slow the process. This sheet is that timeline, honestly.

1	2	3	4	5	6	7 WEEK 1	8	9	10	11
12	13	14	15	16	17	18	19	20	21 DAY 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

Gaps are part of the story.
Leave missed days blank and keep shading — a blank box costs nothing.
Circle the day you came back: comebacks are the real milestones.

WHEN IT FEELS AUTOMATIC, WRITE THE DATE
