

# HABITS WORKSHEET



**Athlete:**





**Life domain:** Sport

**Type of habit:** Create a good habit

**What is currently happening:** During COVID I increased the amount and quality of food I was eating to increase size, which I was successful with due to more time to prepare. Since COVID restrictions have eased my work and study commitments have taken priority and I need to re-create the dietary habit I had during COVID.

**What outcome do I want:** Bulk make meals on Sunday for the week. 3 per day = 15 total. Stock 2 in the fridge and remainder in freezer and move when needed.

**My new habit loop:**

 CUE	Write "freezer" on containers to move to fridge
 CRAVING	Feel increase in body size and strength
 RESPONSE	Making and moving food
 REWARD	Make time to catch up with mates