

Habits: cue, action and fallback

Attach a small action to a reliable everyday cue.

01 / Understand the starting point

Choose a habit small enough for an ordinary busy day. Define the action clearly: a ten-minute walk is easier to observe than "be healthier".

02 / Make the useful distinction

Attach it to an existing cue such as finishing lunch. Write where it happens and what equipment is needed. Remove obvious friction before expecting motivation to solve it.

03 / Put it into practice

Create a minimum version for difficult days. The minimum should preserve the routine while recognizing limited time or energy; it does not need to match a full workout.

04 / Review and adapt

Track completion without turning the checkmark into a moral score. When the habit repeatedly fails, revise the cue or action rather than simply promising to try harder.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Cue: put lunch dishes away. Action: walk outside for ten minutes. Fallback: walk indoors for three minutes during bad weather. Review whether the cue reliably occurs.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Habit	Everyday cue	Full action	Minimum fallback	What helped / blocked it

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.