



# The 60 Day Habit Challenge

We're in this together. The Habit Challenge gives you 60 days of support and accountability as you create new neural pathways for your new habit. Please know that your habit is PRIVATE. Your answers are PRIVATE. We use your information to identify broad trends, but do not share identifying information with your company. Nor do we sell or share any of your information with third party companies.

## Install and Set Up

Look for "The Habit Challenge" in Google Play or App Store. Be sure to include the "The" in your search. It's the one with this green leaf icon. Install, open, and when prompted, select "Allow" for notifications. Scroll through tutorial by tapping "Next" or swiping.

On the "Sign Up" screen, use your first name, your company email address, and choose a password. Password requires 8 characters, one lowercase, one uppercase letter, one digit, one special character. Check terms and conditions box.

On the "Add Habit" screen, name your habit. Set a start day (any day after today) to start practicing your new habit.

On the "Your Why" screen, choose a photo of person, place, or an activity that captures WHY this new habit is important to you.

On the next 3 screens, type in your Trigger, Action, and Reward. Then answer the 3 questions that follow.

Finally, set when you want to receive your reminder notification.

## What Happens Next

At your scheduled time and scheduled days, you'll receive a notification on your phone with a daily motivational reminder. Tap the notification and answer yes on the days you did your new habit, no on the days you didn't, and N/A for days you got the notification but it's not a day that you should have been doing the habit. For example, you're on vacation. Do not select N/A if for any reason you decide not to do your habit.

## Get Help

On the Settings tab, you'll find options for emailing your question or requesting a call. You can also reach out directly to [sharon@habitmasteryconsulting.com](mailto:sharon@habitmasteryconsulting.com) or call 970-581-7681.

You can do this! You take care of the action, and the habit takes care of itself!