

Habit Stacking

Habit stacking is adding a new and small habit on top of your existing habits, get your parents/carers to do this too.



Habit Stacking

ADD
REPEAT

Add a new behaviour to your daily routine by 'stacking it' on top of an existing habit.



1

Brushing teeth?
Do some leg raises!



2

Advert break?
Jog on the spot!



3

Gaming?
Stand up and do some calf raises!



4

Waiting for food?
Do some table push ups!



Choose something you do everyday and stack a new habit on it!

CURRENT HABIT

NEW HABIT

CURRENT HABIT

NEW HABIT