



Family Habits: Habit Stacking

Habit stacking is a way you can add a new behaviour by 'stacking' it on top of an existing habit. Because the new habit is attached to something you already do routinely it is more likely you will succeed with your new habit.

Habit Stacking

ADD
REPEAT

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



1

Brushing teeth?
Walk around the house



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!



Think about some of your existing habits, things you already do every day and if you could 'stack' some new healthy habits on top of it.

- Driving to work or school? Park the car 5 minutes away so you can include a 5 minute walk
- Having a morning cup of tea or coffee? Spend a minute doing a mindfulness activity while you wait for the kettle to boil.