

# ADULT HABIT BUILDER KIT

- Planner 26 Pages
  - Habit roadmap 2 pages
  - Instant download

The image shows a screenshot of the Habitica mobile application. At the top, there is a navigation bar with a 'Habitica' logo, a 'Logout' button, and a search bar containing the text 'Create new habit'. Below the navigation bar, there is a decorative banner featuring a blue book with the words 'READ MORE' in yellow and orange. To the right of the banner, there is a 'PERSONALITY' section with a 'Sneaky' button and a 'HABITS' section with a 'HABIT' button. A blue banner below these sections reads 'Bonus: 100+ Digital Stickers'. On the left side of the screen, there is a 'New Habit' button with a rainbow icon. The main area of the screen contains a 'HABITS' section with a 'Habit' button, a 'HABIT' section with a 'Habit' button, and a 'HABIT' section with a 'Habit' button. Below these sections, there is a 'HABIT' section with a 'Habit' button, a 'HABIT' section with a 'Habit' button, and a 'HABIT' section with a 'Habit' button. To the right of these sections, there is a 'HABIT' section with a 'Habit' button, a 'HABIT' section with a 'Habit' button, and a 'HABIT' section with a 'Habit' button. At the bottom of the screen, there is a 'HABIT' section with a 'Habit' button, a 'HABIT' section with a 'Habit' button, and a 'HABIT' section with a 'Habit' button. The background of the application features a light blue and white striped pattern.



A woman with dark hair, wearing a grey sweatshirt, is pointing her right index finger upwards. She is positioned in front of a worksheet titled 'Break a bad habit'. The worksheet features a large, stylized speech bubble on the right side containing the text 'Break it!' with a red arrow pointing to the right. Below this, there is a tag-like graphic with a red heart and the text 'Take a Shower'. At the bottom, there is a large circular graphic with a blue border containing the text 'Creating and Breaking HABIT ROADMAP' and a smaller circle inside with a portrait of the woman.

# Habit Building Planner 2026 Guide

**Food and Nutrition Information Center  
(U.S.).**

## **Habit Building Planner 2026 Guide:**

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