

30-day nail biting tracker

Name _____ Start date _____

1. **Tally.** Each time you notice your hand at your mouth, make a mark in the tally box. Noticing is the point; the number will often be higher than you expect.
2. **Note the moment.** Tick what was going on: stress, deep focus, boredom or something else. Patterns show up after a week or two.
3. **Competing response.** Tick the “competing response” box if you did something else with your hands instead, such as pressing your palms flat or holding an object.

Day	Date	Times I caught myself	What was going on?	Competing response used	Note
1			☐ stress ☐ focus ☐ bored ☐ other	☐	
2			☐ stress ☐ focus ☐ bored ☐ other	☐	
3			☐ stress ☐ focus ☐ bored ☐ other	☐	
4			☐ stress ☐ focus ☐ bored ☐ other	☐	
5			☐ stress ☐ focus ☐ bored ☐ other	☐	
6			☐ stress ☐ focus ☐ bored ☐ other	☐	
7			☐ stress ☐ focus ☐ bored ☐ other	☐	
8			☐ stress ☐ focus ☐ bored ☐ other	☐	
9			☐ stress ☐ focus ☐ bored ☐ other	☐	
10			☐ stress ☐ focus ☐ bored ☐ other	☐	
11			☐ stress ☐ focus ☐ bored ☐ other	☐	
12			☐ stress ☐ focus ☐ bored ☐ other	☐	
13			☐ stress ☐ focus ☐ bored ☐ other	☐	
14			☐ stress ☐ focus ☐ bored ☐ other	☐	
15			☐ stress ☐ focus ☐ bored ☐ other	☐	
16			☐ stress ☐ focus ☐ bored ☐ other	☐	
17			☐ stress ☐ focus ☐ bored ☐ other	☐	
18			☐ stress ☐ focus ☐ bored ☐ other	☐	
19			☐ stress ☐ focus ☐ bored ☐ other	☐	
20			☐ stress ☐ focus ☐ bored ☐ other	☐	
21			☐ stress ☐ focus ☐ bored ☐ other	☐	
22			☐ stress ☐ focus ☐ bored ☐ other	☐	
23			☐ stress ☐ focus ☐ bored ☐ other	☐	
24			☐ stress ☐ focus ☐ bored ☐ other	☐	
25			☐ stress ☐ focus ☐ bored ☐ other	☐	
26			☐ stress ☐ focus ☐ bored ☐ other	☐	
27			☐ stress ☐ focus ☐ bored ☐ other	☐	
28			☐ stress ☐ focus ☐ bored ☐ other	☐	
29			☐ stress ☐ focus ☐ bored ☐ other	☐	
30			☐ stress ☐ focus ☐ bored ☐ other	☐	