

The Glove Care Routine Builder: A5 Habit-Formation Protocol

This template turns glove care from a forgotten chore into a repeatable maintenance habit. The goal is to build a simple routine that protects glove performance, reduces odor, improves drying, and extends glove lifespan without relying on willpower.

◆ Phase 1: The Protocol Mission / Minimum Viable Habit

Mission

"My mission is to complete my Minimum Viable Habit after each glove use for ²⁸ cycles without breaking the chain."

My Minimum Viable Habit (MVH)

My smallest glove care action is:

👉 "My MVH for this 28-day cycle is: _____"

Choose one MVH example (or write your own):

- Hang gloves to dry
- Open the glove bag
- Wipe glove palms for ¹⁰ seconds
- Remove visible dirt from the surface
- Place gloves on a drying rack

⚠️ **Habit Rule:** The MVH must be small enough that I can still do it even when tired.

◆ Phase 2: The Anchor Protocol

Attach the glove care habit to an existing routine so it becomes automatic.

Anchor Formula

"After I

CURRENT HABIT

, I will immediately

NEW HABIT(MVH)

."

Example:

"After I take off my shoes at home, I will immediately hang my gloves on the drying rack."

 **My Anchor Moment**

"After I _____, I will immediately _____."

◆ **Phase 3: The Consistency Matrix / Visual Streak Tracker**

Place an X in each box when you complete your MVH. The goal is simple: do not break the chain.

Cycle	1	2	3	4	5	6	7
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐

Optional Weekly Care Task

Use this only once per week if needed.

Week	Optional Care Task	Done?
Week 1	Deep clean / condition / deodorize	☐
Week 2	Deep clean / condition / deodorize	☐

Week 3	Deep clean / condition / deodorize	[]
Week 4	Deep clean / condition / deodorize	[]

◆ Phase 4: The System Debrief

Analyze the system, not the outcome.

1. What was the biggest obstacle that almost broke my chain?
○ Answer: _____
2. On the days I succeeded easily, what made it easy?
○ Answer: _____
3. Did my anchor moment work as a reliable trigger?
○ Answer: _____
4. What should I change in the environment to make the habit easier?
○ Answer: _____

◆ Phase 5: System Refinement Loop

Use the debrief to improve the next ²⁸-cycle routine.

The Biggest Obstacle Was	My New Strategy	My Refined Anchor Moment
<i>e.g., I forgot the gloves in my bag</i>	<i>Open the bag immediately after entering home</i>	<i>After I set my keys down, I will open my glove bag</i>

● Final Habit Rule

If I miss one cycle, I will not restart emotionally. I will identify why the system failed, adjust the environment, and begin a new streak immediately.

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