My week

Week of _____

HABIT	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
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		☐	☐	☐	☐	☐	☐	☐

How was your week?

MOOD heavy ○ ○ ○ ○ ○ light

WHAT WENT WELL? _____

WHAT DID NOT? _____

FOCUS NEXT WEEK? _____

No streaks, no guilt. One box per day is enough.