



My week

Week of _____

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

Three out of three is a good week. So is two out of three.

How was your week?

MOOD heavy ☐ ☐ ☐ ☐ ☐ light

WHAT WENT WELL? _____

WHAT DID NOT? _____

FOCUS NEXT WEEK? _____