

Weekly CHECK-IN

DATE _____

TOP 3 THINGS I DID THIS WEEK

- _____
- _____
- _____

MOST REWARDING EXPERIENCE THIS WEEK (AND WHY, IF HELPFUL)

Large empty box for writing the most rewarding experience.

THIS WEEK I FELT



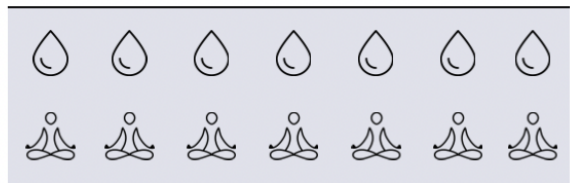
NEXT WEEK I WANT TO

Four horizontal lines for writing goals for next week.

THINGS I ACCOMPLISHED THIS WEEK

Large empty box for listing accomplishments.

WATER/MEDITATION/EXERCISE



MY RANKING OF THE WEEK

