

## Weekly Progress Report

For the Week Of: \_\_\_\_\_

*"It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward."*  
 ~ Proverb

Behavior	Frequency	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Achieved	Net
Example-Drink 2litres water	All 7 days	yes	yes	yes	no	yes	no	yes	5	-2

Total		
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### Are You Gaining Traction ?

		Worse		Same		Better	
Weekly Score	Stress	1	2	3	4	5	Why? _____
	Digestion	1	2	3	4	5	Why? _____
	Energy	1	2	3	4	5	Why? _____
	Sleep	1	2	3	4	5	Why? _____
Other	_____	1	2	3	4	5	Why? _____

What behaviour was easiest to implement? Why?

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What behaviour was most difficult or least successful? Why?

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What can you do to become more successful in that area?

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"Embrace and love your body. It is the most amazing thing you will ever own." ~Unknown

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**Personal Growth Section**

Overall quality of life, skills, identity, spirituality, inspiration, motivation, realization, clarity, relationships, ....

1 - What was your biggest step forward this week, what are you most proud of?

2 - Where did you stumble this week?

3 - Why are you Thankful this week? Who has shown you Love, Compassion or Kindness?

4 - How do you want to grow in the next week-Biggest goal to accomplish in the coming week?