Monitoring Progress

Weekly action worksheet • Check each step and write what worked for you.

☐ Review baseline measurements

- ☐ Look back at notes from earlier weeks if you have them.
- ☐ Compare similar habits rather than one isolated number.
- ☐ Identify a positive change, even if it feels small.

CHANGES SINCE MY STARTING POINT

☐ Complete mid-program assessment

- ☐ Reflect on nutrition, movement, sleep, hydration, and stress.
- ☐ Note what felt sustainable and what was difficult.
- ☐ Write down a question for your care team if needed.

MY MID-PROGRAM REFLECTION

Monitoring Progress

Weekly action worksheet • Check each step and write what worked for you.

☐ Identify areas of improvement

- ☐ Choose one habit that could use support.
- ☐ Identify a specific barrier you encountered.
- ☐ Plan one small adjustment you can test next week.

ONE ADJUSTMENT TO TRY

☐ Celebrate your progress

- ☐ Name a non-scale win from the past weeks.
- ☐ Thank someone who supported you if you wish.
- ☐ Choose a way to mark your effort that feels meaningful.

A WIN WORTH CELEBRATING