

# Weekly Review

DATE:

What were your wins from this week?

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What didn't go so well? Think across all four core areas – What happened? Why? Did it come from a feeling, thought, belief or situation?

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What actions can you put in place this week to overcome this issue? How are you committing to moving forward from this?

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Did you move your body and fuel it in line with your body goals? If not, what came up for you? What was the challenge? Was it behavioural or emotional?

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As a result what are you committing to next week to help you move forward? What are your intentions and goals?

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