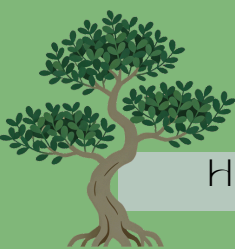


Weekly Tracker



HEALTH & WELLNESS



Weekly checklist

Write a task and check off each day as it has been completed. It could be as simple as drinking a bottle of water a day; anything. If a day was skipped don't mark it but move on to the next day. You can download this form again if needed and begin a new one each week. At the end of the week write a reflection. Feelings, thoughts, actions, what you noticed?

Anything exciting?

Mon	☐	
Tues	☐	
Wed	☐	
Thu	☐	
Fri	☐	
Sat	☐	
Sun	☐	