

Weekly Check In

The purpose of this document is to ensure we are both on track to creating OUTSTANDING OUTCOMES together. Please fill this out before our call to Fast-Track our conversation to the focal points that matter most!. The scale is out of 36 and is all tracked on your own perception of progress. **It's not about being PERFECT but about MAKING PROGRESS!**

Directions:

Fill out before each coaching call. Either print & write then send picture. Take a screenshot and use the "Mark Up" feature to circle or highlight. Answer in a "Notes" function on your phone.

EASIEST WAY POSSIBLE!!!

	No Awareness	A Little Bit	Yes	Nailing It
☞ I am working on 2 Lifestyle Habits	0	1	2	3
☞ I am Making Body Progress	0	1	2	3
☞ I am Calorie Aware	0	1	2	3
☞ I am Preparing Most of My Meals	0	1	2	3
☞ I am Practicing Portion Control	0	1	2	3
☞ I am Intentional when Social	0	1	2	3
☞ I am Moving Enough with Steps/Exercise	0	1	2	3
☞ I am Drinking Water	0	1	2	3
☞ I am Sleeping Enough	0	1	2	3
☞ I am getting Support & Accountability	0	1	2	3
☞ I am Focused on a Positive Mindset	0	1	2	3
☞ I am Focused on my MOST IMPORTANT TASKS	0	1	2	3

TOTALS:

What are 1-3 successes you had this week while focusing on bettering your health?

What is 1 challenge we still need to overcome this past week?

What Support Do I need MOST?