

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 Practing 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?