WEEKLY LOG

NAME:			Week of:		
FRIDAY			SATURDAY		
Sleep	HRS:	Quality:	Sleep	HRS:	Quality:
Exercise	Type:	Time:	Exercise	Type:	Time:
	HR/RPE:	Steps:		HR/RPE:	Steps:
Nutrition	Fruits srvg:	Veg srvg:	Nutrition	Fruits srvg:	Veg srvg:
Mind/Body	Describe:		Mind/Body	Describe:	
SUNDAY			MONDAY		
Sleep	HRS:	Quality:	Sleep	HRS:	Quality:
Exercise	Type:	Time:	Exercise	Type:	Time:
	HR/RPE:	Steps:		HR/RPE:	Steps:
Nutrition	Fruits srvg:	Veg srvg:	Nutrition	Fruits srvg:	Veg srvg:
Mind/Body	Describe:		Mind/Body Describe:		
TUESDAY			WEDNESDA	ΛY	
TUESDAY Sleep	HRS:	Quality:	WEDNESDA Sleep	HRS:	Quality:
	HRS: Type:	Quality: Time:			Quality: Time:
Sleep			Sleep	HRS:	•
Sleep	Type: HR/RPE:	Time: Steps:	Sleep	HRS: Type:	Time: Steps:
Sleep Exercise	Type:	Time:	Sleep Exercise	HRS: Type: HR/RPE:	Time:
Sleep Exercise	Type: HR/RPE: Fruits srvg: □ □ □	Time: Steps: Veg srvg: □□□	Sleep Exercise	HRS: Type: HR/RPE: Fruits srvg: □□□	Time: Steps: Veg srvg: □□□
Sleep Exercise Nutrition	Type: HR/RPE: Fruits srvg:	Time: Steps: Veg srvg: □□□	Sleep Exercise Nutrition	HRS: Type: HR/RPE: Fruits srvg:	Time: Steps: Veg srvg: □□□
Sleep Exercise Nutrition Mind/Body	Type: HR/RPE: Fruits srvg:	Time: Steps: Veg srvg: □□□	Sleep Exercise Nutrition Mind/Body FRIDAY	HRS: Type: HR/RPE: Fruits srvg:	Time: Steps: Veg srvg:
Sleep Exercise Nutrition Mind/Body THURSDAY	Type: HR/RPE: Fruits srvg: □□□ Describe:	Time: Steps: Veg srvg:	Sleep Exercise Nutrition Mind/Body	HRS: Type: HR/RPE: Fruits srvg:	Time: Steps: Veg srvg: □□□
Sleep Exercise Nutrition Mind/Body THURSDAY Sleep	Type: HR/RPE: Fruits srvg: □ □ □ □ □ □ □ □ □ □ Describe:	Time: Steps: Veg srvg:	Sleep Exercise Nutrition Mind/Body FRIDAY Sleep	HRS: Type: HR/RPE: Fruits srvg: □□□ Describe: HRS:	Time: Steps: Veg srvg:
Sleep Exercise Nutrition Mind/Body THURSDAY Sleep	Type: HR/RPE: Fruits srvg: □□□ □□□□□□ Describe: HRS: Type:	Time: Steps: Veg srvg: □ □ □ □ □ □ □ □ □ □ Quality: Time:	Sleep Exercise Nutrition Mind/Body FRIDAY Sleep	HRS: Type: HR/RPE: Fruits srvg: □□□ □□□□□□□ Describe: HRS: Type:	Time: Steps: Veg srvg: Quality: Time: Steps:
Sleep Exercise Nutrition Mind/Body THURSDAY Sleep Exercise	Type: HR/RPE: Fruits srvg: Describe: HRS: Type: HR/RPE: Fruits srvg:	Time: Steps: Veg srvg:	Sleep Exercise Nutrition Mind/Body FRIDAY Sleep Exercise	HRS: Type: HR/RPE: Fruits srvg: □ □ □ □ □ □ □ □ □ □ Describe: HRS: Type: HR/RPE: Fruits srvg: □ □ □	Time: Steps: Veg srvg: □□□ Quality: Time: Steps: Veg srvg: □□□

I am most _l	proud of
I would lik	e to improve
After some	reflection my goals for next week: (remember- I want them Specific, Measureable, Action-oriented, ic)
and Realist	
and Realist	