



WEEKLY HABIT LOG



— SMALL HABITS, BIG CHANGE —

WEEK OF: _____

FOCUS / INTENTION FOR THIS WEEK: _____

HABIT / ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7
	☐	☐	☐	☐	☐	☐	☐	___ / 7

NOTES



WEEKLY REVIEW

What went well this week?

What can I improve?

What will I focus on next week?



PROGRESS

You don't have to be perfect.
You just have to be consistent.



WEEKLY SCORE

___ / ___



★ Small steps every day lead to big results. ❤️