



WEEKLY HABIT LOG

SMALL HABITS • BIG CHANGE 



WEEK OF: _____

FOCUS / INTENTION FOR THE WEEK: _____

HABITS	MON / /	TUE / /	WED / /	THU / /	FRI / /	SAT / /	SUN / /	WEEK TOTAL
1.	☐	☐	☐	☐	☐	☐	☐	/7
2.	☐	☐	☐	☐	☐	☐	☐	/7
3.	☐	☐	☐	☐	☐	☐	☐	/7
4.	☐	☐	☐	☐	☐	☐	☐	/7
5.	☐	☐	☐	☐	☐	☐	☐	/7
6.	☐	☐	☐	☐	☐	☐	☐	/7
7.	☐	☐	☐	☐	☐	☐	☐	/7
8.	☐	☐	☐	☐	☐	☐	☐	/7

NOTES

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WEEKLY REFLECTION

What went well?

What could be improved?

What will I focus on next week?

WEEKLY SUMMARY

TOTAL HABITS COMPLETED _____ / _____

PERCENTAGE _____ %

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

