

Weekly Check-In

Every week, it's important to check in on where you are with the goals you have been working on. Remember, these goals should be specific, measurable, attainable, realistic, and time-based, which means that checking in weekly can really help you see what's working for your lifestyle and what could be adjusted to work better for you.

1. For each goal you worked on last week, check the box or write "Yes" if you met the goal and whether it feels like a good fit for your lifestyle. To answer the last column, consider whether it's something you could see doing forever as part of your normal life.

Goal	Did You Meet It?	Does It Feel Right?

2. For any goal that didn't work out, what happened? What challenges or obstacles got in your way?

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3. For anything that didn't feel like a good fit, explain why you felt that way. Then, brainstorm if there are any adjustments you could make to the goal to make it feel more "right" for you.

4. After completing this week's materials, write out the goal(s) you want to work on for the next week. Need ideas? Check out the conclusion at the end of this week's section. Remember to make SMART goals! Don't feel like you have to fill each line of the table. Choose the number of goals that works well for you.

Goal(s)