

WORKSHEETS AND TRACKERS

Weekly review

Date _____

1 The identity fasting exercise

The labels you use

Rewritten as a behavior

YOUR 3 QUALITIES

- 1 _____
- 2 _____
- 3 _____

2 The week's tracking data

REPEATING PATTERNS

WORKSHEETS AND TRACKERS

Weekly review continued

3 What worked and what didn't

WHAT WORKED

WHAT DIDN'T

4 Rate every area from 1 (worst) to 10 (best)

Sleep

1	2	3	4	5	6	7	8	9	10
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NOTE

Energy

1	2	3	4	5	6	7	8	9	10
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NOTE

Stress

1	2	3	4	5	6	7	8	9	10
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NOTE

Daily structure

1	2	3	4	5	6	7	8	9	10
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NOTE

WORKSHEETS AND TRACKERS

Weekly review continued

4 CONTINUED

New activities

1	2	3	4	5	6	7	8	9	10
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NOTE _____

Relationships

1	2	3	4	5	6	7	8	9	10
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NOTE _____

Mood

1	2	3	4	5	6	7	8	9	10
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NOTE _____

Finances

1	2	3	4	5	6	7	8	9	10
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NOTE _____

Other _____

1	2	3	4	5	6	7	8	9	10
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NOTE _____

5 Check your plans☐ Default plan ☐ Your limits ☐ Emergency plan

LIMITS TO TIGHTEN _____

WORK EATING INTO RECOVERY? _____

SLIPS THIS WEEK _____

6 One main change for the week ahead
