

# TRACK YOUR PROGRESS

At the end of each week, take time to reflect on how things have been going, identify any challenges you came across, so you can find ways to overcome them, and note any key lessons you have learnt. Then, set three goals for the week ahead to help you focus and keep motivated.



## BEFORE THE WEEK STARTS

## REFLECTION AT END OF WEEK

WEEK	Goals for the week ahead	Challenges you had this week	Lessons learnt
1	1		
	2		
	3		
2	1		
	2		
	3		
3	1		
	2		
	3		
4	1		
	2		
	3		
5	1		
	2		
	3		
6	1		
	2		
	3		
7	1		
	2		
	3		
8	1		
	2		
	3		
9	1		
	2		
	3		
10	1		
	2		
	3		
11	1		
	2		
	3		
12	1		
	2		
	3		