

Weekly Tracker & Review Tool

Week: _____

Next Coach Meeting: _____



1.Focus of Area / Goal: _____ 2. Focus of Area / Goal: _____

Action Steps What I agree to do this week	Focus Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Completion? Yes / No	Progress Notes
Step 1)										
Notes:										
Step 2)										
Notes:										
Step 3)										
Notes:										
Step 4)										
Notes:										
Weekly Review:										
What have you accomplished this week?					How would you like to use your next wellness coaching session?					
What challenges came up for you this week?										
What worked well for you this week?										

Action Steps: Actions steps walk you towards accomplishing your desired life change. Write down the Action Steps you committed to accomplish this week. Make each step small and specific.
Focus Area: These are the areas in your life that you decided to focus on and the lifestyle changes you desire. In this section write down the focus area the associated Action Step is moving you towards.
Days of the Week: When you complete an action step write it down under the day it was completed. Be specific and give yourself credit due.
Weekly Review: Answer the questions and review your week. Use what you learned this week to help plan for the upcoming week. What will you change? What will you add? What do you want to share with your coach?