Weekly Self-Reflection Log

WEEK: Date:	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
Weight								
Exercise Log **Rate how well you did this week** **0 = Not well** **10 = Excellent**								
Nutrition Log **Rate how well you did this week** **0 = Not well** **10 = Excellent**								
0-10 Satisfaction **0 = Unsatisfied** **10=Very Satisfied**								
Barriers, Concerns, etc								
Session Summary, Next Session goals, etc?								