

Today's Date: _____

WEATHER REPORT: CURRENT CONDITIONS

These pages are placed throughout the book for you to report on your current status, recognizing that how you're feeling a day, week, or months from now can change. **Use these pages to update and reflect.**

PAGE _____

WHAT HAS CHANGED SINCE YOUR LAST REPORT? _____

COMPARE YOUR THEN AND NOW: _____

PAGE _____

WHAT HAS CHANGED SINCE YOUR LAST REPORT? _____

COMPARE YOUR THEN AND NOW: _____
