

Weekly

Mind Body Reset Gym



Goals for this Week

- 1.
- 2.
- 3.

On a scale of 1-10, how much do you BELIEVE you can reach your Vision?___

On a scale of 1-10, how MOTIVATED are you to reach your vision?___

Plan

Step in the Change Process

Skill I'm Practicing

Weekly Sleep Goal	Actual

Exercise	S	M	T	W	T	F	S

End of Week Review

What Worked	What Didn't Work?
I'm Grateful For	Insight