

My weekly review

Use what you have. Leave what you do not know blank.

Week starting (Sunday): _____

1. What did I record?

Tick the days with records. Skip any row you do not track. A tick means a record exists, not that the day is complete.

Records	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weight	☐	☐	☐	☐	☐	☐	☐
Food	☐	☐	☐	☐	☐	☐	☐
Notes	☐	☐	☐	☐	☐	☐	☐

Anything missing or uncertain?

2. What stands out in the available records?

One observation, with its limits. If useful: average weight ____ lb / kg, from ____ recorded days.

3. What context do I want to remember?

What felt easy, difficult, or useful? A note is enough; you do not need to explain a cause.

4. What will I carry forward?

Keep a practice, choose one small change, or choose no extra task.

Personal reflection, not medical advice. This worksheet does not change any targets.

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