YOUR 60-SECOND WEEKLY SNAPSHOT

Weekly Check-In

WEEK OF

01 Sessions completed

this week

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3

02 If any missed, why?

select one

- ☐ No time
- ☐ No energy
- ☐ Didn't know what to do
- ☐ Fatigue or niggle
- ☐ Just didn't want to

03 Mood

one word

04 Sleep

hours per night

05 Anything feel off physically?

pain, soreness that isn't normal, dizziness

- ☐ No
- ☐ Yes — note it

06 Next week's 3 sessions — decide now

e.g. type: Strength · Cardio · Mobility · Rest-active

	DAY	TYPE
1		
2		
3		

N Notes

anything worth remembering — travel, work stress, a big event

COMPLETED BY · NAME

DATE COMPLETED

Fill it in the same way every week — **honest beats perfect.**