

Body Alchemy - Weekly Check-in

The set of prompts a coaching session works through. Use as a Sunday-night ritual.

WEEK OF

THIS WEEK'S HYPOTHESIS (WHAT WAS I TESTING?)

WHAT WORKED (WINS, HOWEVER SMALL)

WHERE I HIT FRICTION

DATA: WORKOUTS COMPLETED / FOOD JOURNAL DAYS / SLEEP AVERAGE

ONE THING I'D ADJUST NEXT WEEK (AND WHY)

NOTE TO SELF - SOMETHING I WANT TO REMEMBER FROM THIS WEEK

A reminder: a missed week is also data. If it happens, the first column of next week's check-in is "what got in the way."