



WEEKLY CHECK-IN

REFLECT. REALIGN. RISE.



WEEK OF: _____

LOCATION: _____ TIME ZONE: _____



THIS WEEK'S INTENTION

What do I want to focus on this week?

"I move with intention.

"I grow with purpose."

I balance my body, mind, and passport."



WELLNESS OVERVIEW

How are you feeling overall?



Energy Level



Sleep Quality



Stress Level



Mood

Hydration



Water Intake: _____ glasses

Nutrition

How would you rate your nutrition this week?



What went well?

What can be improved?



MOVEMENT CHECK-IN

Rate your consistency and how you feel in each area.

FOCUS AREA	CONSISTENCY	HOW I FELT	NOTES / WINS
STRENGTH Building strength & confidence	1 2 3 4 5		
STRETCHING Improving mobility & recovery	1 2 3 4 5		
YOGA Connecting breath, body & mind	1 2 3 4 5		
PILATES Strengthening core & alignment	1 2 3 4 5		

WINS & PROGRESS

What are you proud of this week?

CHALLENGES & LESSONS

What came up for you this week?

What can you learn from it?



GOALS & INTENTIONS

WHAT I WILL CONTINUE

(Habits that serve me)

- _____
- _____
- _____



WHAT I WILL FOCUS ON

(New habits or areas to grow)

- _____
- _____
- _____



MENTAL & EMOTIONAL WELL-BEING

How is your mind feeling?

What's been filling your cup?

What do you need more of?

REMEMBER

- Progress, not perfection.
- Small steps create big change.
- You are becoming who you're meant to be.



AFFIRMATION OF THE WEEK

"I choose to move, nourish, and care for myself—so I can show up fully in my life and my adventures."

NEXT WEEK, I WILL SHOW UP AS:

- _____
- _____
- _____

SIGNATURE: _____

