

My Weekly Changes

NOT CONFIDENT					VERY CONFIDENT				
1	2	3	4	5	6	7	8	9	10
NOT IMPORTANT					VERY IMPORTANT				

Long-term goal

Goal 1: _____ Confidence
_____ Importance
_____ Achieved

Small, healthy changes

Week 1: _____ Confidence
Action step _____ Importance
 Achieved

Week 2: _____ Confidence
Action step _____ Importance
 Achieved

Week 3: _____ Confidence
Action step _____ Importance
 Achieved

Week 4: _____ Confidence
Action step _____ Importance
 Achieved

Week 5: _____ Confidence
Action step _____ Importance
 Achieved

Week 6: _____ Confidence
Action step _____ Importance
 Achieved

Week 7: _____ Confidence
Action step _____ Importance
 Achieved

Week 8: _____ Confidence
Action step _____ Importance
 Achieved

Week 9: _____ Confidence
Action step _____ Importance
 Achieved

Week 10: _____ Confidence
Action step _____ Importance
 Achieved

Week 11: _____ Confidence
Action step _____ Importance
 Achieved

Week 12: _____ Confidence
Action step _____ Importance
 Achieved

