

Weekly Planner

Key metrics for the week:

Avg Daily Caloric Intake Goal _____

Avg Daily Caloric Intake Actual _____

What is my focus habit/behavior that I'm looking to improve this week?

What is my change window(s)?

What is my decision window(s)?

Brainstorm Ideas (circle the idea you decide):

What are my SMART goals for this week?

How, if at all, will I track my progress?